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# glastonbury LIFE

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## One bad apple

### Doug Bussa's double life

*See story on page 8*

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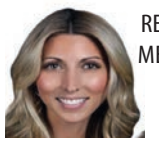
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## QUOTE OF NOTE:

"Many customers go off the trail to find quiet. We get customers from all walks of life. They come and talk together and exchange recipes." - *John Yuskevich*

**See story page 28**

## ON THE COVER

**Doug Bussa grows apples and races in "One Bad Apple."**

**Photo by Brian Ambrose**
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Rabbi Yosef Wolvovsky of The Benet Rothstein Chabad Jewish Center blows a Shofar, which is used on the Jewish High Holidays. In 2001, the holidays came shortly after 9/11.

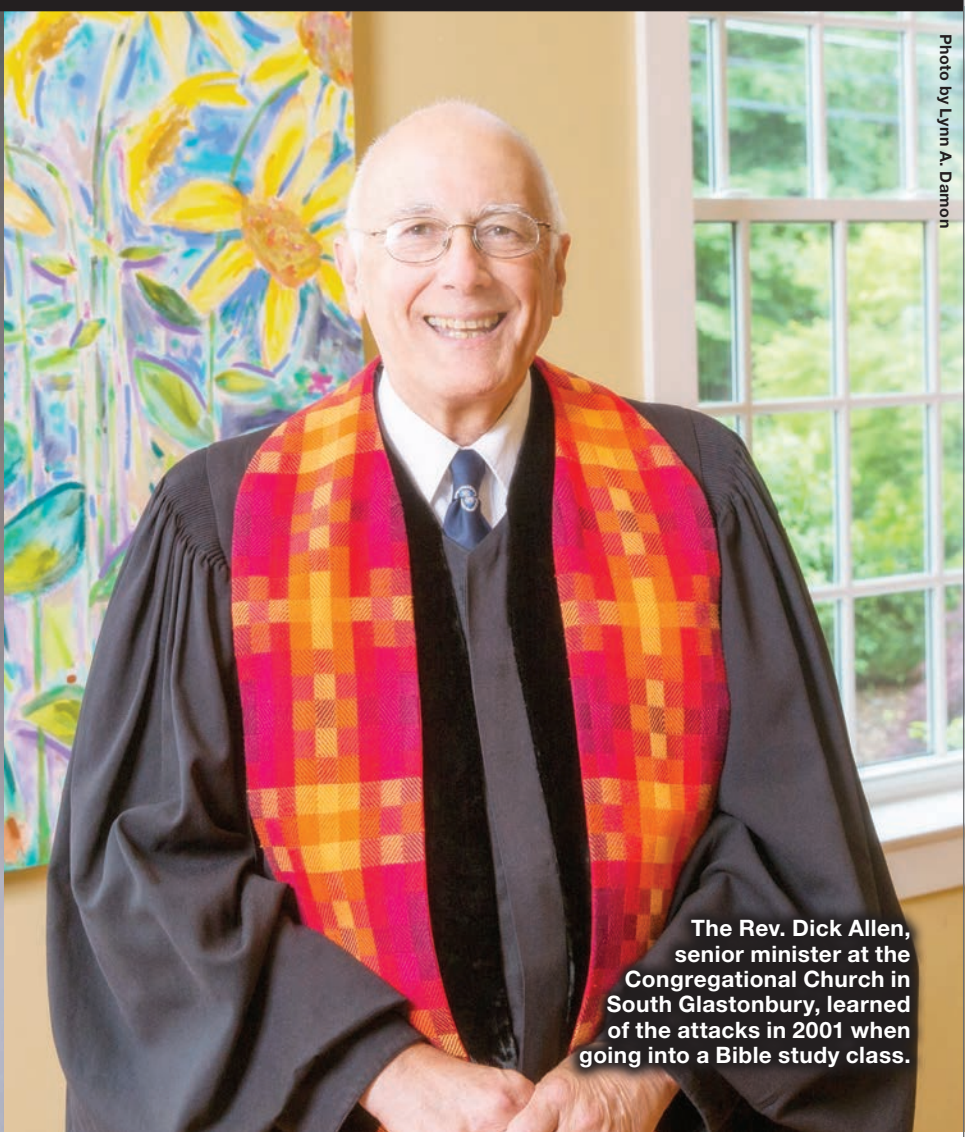

Photo by Lynn A. Damon

The Rev. Dick Allen, senior minister at the Congregational Church in South Glastonbury, learned of the attacks in 2001 when going into a Bible study class.

# Providing comfort and love

## Clergy remember 9/11, offer hopes for the world

**by Mara Dresner**
*Staff Writer*

We look to our spiritual leaders for words of celebration and consolation. Week in and week out, they provide comfort, strength, hope and peace. When bad things happen, our religious communities are among the first places we gather. Fifteen years ago, many looked to their clergy for guidance after the unimaginable happened on September 11. As they themselves tried to process the terrorist attacks, they offered solace to their stunned and hurting congregations. Fifteen years later, their messages of love and faith remain steady.

The Rev. Dick Allen, senior minister of the Congregational Church in South Glastonbury, learned of the attacks as he was walking into the church's Tuesday Morning Bible Class.

"Some of the class members had seen news coverage of a plane crashing into the World Trade Center. But, at that time, we didn't realize it was a terrorist attack," he said. "When we did realize what had happened, my first impulse was to get myself to New York City to offer assistance to those who were in trauma. In the days following, I asked the congregation to find ways to be a light, locally; to go out of their way to offer acts of kindness and not to allow fear to fill their hearts. I encouraged everyone to attend a vigil that was held at the town green by the fountain. There, we heard Barbara Theurkauf call for peace. She could speak with authority because her brother died in the attack. She had a profound impact on me and on the whole town."

This year, on September 11, Allen will be in Malawi, Central Africa, on a mission trip.

"We will spend several days with orphans, children orphaned by another attacker known as AIDS. In that setting, we will offer a loving, gentle, playful presence," he said.

While he won't be preaching in town, that doesn't mean he doesn't have a message.

"The 'sermon' will be in our deeds of compassion," he said. "My hope for the world is all about respect. I work hard to help people learn to respect each other. All the religions of the world teach respect. My hope is that people everywhere will live the teaching [and] will respect the rich diversity of humanity we encounter every day."

The Rev. Denise Cabana, rector of St. James' Episcopal Church, was in seminary at Virginia Theological Seminary in Alexandria, Va., just three miles from the Pentagon, on the day of the attacks.

"I was in a class and someone came in and told us that someone had just struck the Twin Towers in New York. We left our classroom and went upstairs where there was a TV and were watching when someone ran in and said the Pentagon had been struck and there were other bombs in the city. Everyone ran to call loved ones working in and around D.C. but cell phones were not working. We headed to our cars and as the fighter jets were taking off from the surrounding

military bases, they were breaking the sound barrier and loud booms, sounding like explosions, could be heard. It was terrifying," she recalled. "My first reaction was getting home and making sure my husband was safe. He was home when I got there, fielding calls from family and friends who knew we were in the D.C. area. My next thought was to get to our local hospital to see if there was a need for chaplains. My best friend and I walked over and offered to help in any way we were needed. We left our names and headed for the chapel at the seminary where many of us gathered for prayer and to just be together."

This year, the anniversary of the attacks falls on the Sunday of the church's Instructed Eucharist.

"We will have special prayers for the victims of 9/11, their families and loved ones, and for all victims of terrorism and violence in the world today as well as for peace," she said. "My hope is that as this world becomes smaller and our neighbors are now not just the people who live next door or even in the same town or state, that we can truly find a way to 'love our neighbors as ourselves' and live into the full meaning of this commandment."

Rabbi Yosef Wolvovsky of The Benet Rothstein Chabad Jewish Center was heading home to work when he heard the news. At the time, the center was run out of the apartment he shared with his wife, Yehudis.

"Every Tuesday morning, I have a standing kosher meeting with a local caterer. We had just wrapped up the meeting and I was in the car on my way to Chabad when I heard the terrible news. Immediately, I called Yehudis to check in, and then called the kosher caterer to let them know. I just felt like it was the right thing to do, having just spent some time with them," Wolvovsky said. "Having spent so much time in New York and knowing how many people worked in the Twin Towers

Courtesy photo

The Rev. David Taylor, one of the pastors at First Church on Main Street, is shown leading worship. Fifteen years ago he was pastor of a Congregational Church in New Hampshire.

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**Glastonbury $269,900**

Lovingly cared for 4BR 2 BA Cape with great curb appeal. Set on 1.02 acres, this home offers HW floors, a flat private yard, a fabulous 3-Season Sunroom and vinyl siding. It also boasts a spacious Family Room with wood-burning FP, hard to find 1st floor BR & full BA, and Master BR with a large walk-in closet.

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**Glastonbury $625,000**

Custom 4 BR 3.1 BA Colonial filled w/ upgrades on cul-de-sac backing to conservation land. Hardwood throughout & chef's kitchen w/ island, SS & gas range. FR w/ gas FP & wet bar! Sunroom opens to trex deck. Natural gas, oversized 3-car garage, irr. sys, 2nd floor laundry & professional landscaping!

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**UNDER DEPOSIT!**

**Glastonbury $649,900**

5 BR 3.1 BA Buttonball Colonial boasts gourmet kitchen w/ granite and SS, & breakfast bar. Hardwood throughout. LL offers FR, full BA and possible 6th BR. Entertain by the in-ground heated pool & screened porch. Office, craft room, 2nd floor laundry, irr. sys, oversized garage! Public water & sewer and natural gas!

**UNDER DEPOSIT IN 2 WEEKS!**

**Glastonbury $629,900**

Beautiful views from 5 BR 4.1 BA Colonial w/ 10 ft. ceilings and HW. Chef's kitchen w/ SS, double oven, gas stove & breakfast bar. FR w/ gas FP open to 2nd floor. LR w/ built-ins & gas FP. 1st floor BR, full BA & laundry. MBR has large sitting area & gas FP. 3rd floor living space. Partially finished LL w/ wet bar. Trex deck to in-ground heated pool.

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each day, I was seriously concerned about the potential of thousands and thousands of casualties. I tried not to let me mind wander too far. Knowing recent history, I did not have much doubt about the source of this evil. One thing I knew for sure: Our world was changing dramatically right before our eyes."

About a week after the attacks, the community marked the High Holidays of Rosh Hashanah and Yom Kippur.

"During the Jewish New Year, we sound the shofar. I essentially told the congregants: 'Friends, I am still young and don't claim to understand everything,'"

Wolvovsky, who was then 25, said. "Still, based on the teachings of Judaism, here is what I do know. The Shofar is both a piercing wake-up-call to us, as well as a heartfelt cry out to our father in heaven. We need both more than ever."

He said that services that year were held in the Friends Room at the Welles-Turner Memorial Library.

"We had some Yeshiva boys over to help us as volunteers for the High Holidays. [We] invited anyone who wishes to join us in prayer and celebration. I remember the boys being kept busy, as every few minutes they had to roll in another stack of chairs. People kept coming and coming," he said. "I would like to convey that we ought not wait for a crises to inspire us to unite together and improve our ways.

**"Our hope is that people of all ages, both near and far, will feel the love that is still very much present and beautiful in our world – and it is a love that will ultimately overcome whatever hate there may be!"**

**–Rev. David Taylor**

Despite all the negativity, uncertainty and turbulence, this world is a beautiful place. Indeed, it is a Divine Garden. G-d has invested infinite resources in our universe, potential that we can use to do so much good. My hope is that we reassure each other by utilizing our vast energies for good – bringing people together, bringing out the best in each other, and making our world better and holier."

The Rev. David Taylor, one of the pastors at First Church, United Church of Christ, clearly remembers the day of the attacks.

"September 11, 2001 was a perfectly stunning, late summer day in southern New Hampshire. I recall that as I walked from my parsonage to the Congregational Church of Amherst, New Hampshire where I served as pastor, I actually stopped to take in the deep blue sky. I was only going to be in the office for just a few minutes, before heading off for a previously scheduled appointment to give blood. As the news began to unfold, I decided keeping that blood donation appointment was the appropriate action to take in light of the morning's unfolding tragedy. Little did I know that this congregation, sitting on a typical northern New England green, would be directly impacted by the events happening hundreds of miles to the south," he said. "The first call I received was from a young woman whose sister worked

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Photo by Dan Aramini

The Rev. Denise Cabana of St. James' Episcopal Church was in seminary in Virginia, just three miles from the Pentagon, when the attacks took place.

in one of the World Trade Center towers. She and her husband came to the church, and we just sat and talked and prayed and hugged one another, as she awaited more news. Her sister died that day. The second call came later that afternoon, and I went to the home of a woman whose sister was on the flight that crashed in the field in Pennsylvania. It was later speculated that she may have been a leader of the defiant passengers in the takeover of that plane."

Taylor said he felt profound sadness that day. His words to his congregation that first Sunday after the attacks were filled with hope.

"As I stood before the congregation 15 years ago, on Sunday morning, September 16, I ended my sermon with these words: 'Friends, this world of ours is so beautiful! But also, every day we take a breath this world needs more love, and that fact will never, never change. The love that I find in this faith community is boundless, and that fact will never, never change. We have so much love to share. And it is only the power of love that can overcome the power of hate in our world. Let us give thanks that we can share that love. And so let us not delay another minute or another second in showing our love for one another, and showing our love to those in desperate need in this world. Please allow me the privilege to get us started – please allow me the privilege to say to each and every one of you, I love you all, very, very much.'"

The 15th anniversary of 9/11 falls on a Sunday this year.

"The theme for First Church here in Glastonbury for the coming year is 'The Beloved Community – A Beautiful Love!' On September 11 we will be introducing that theme with the same message that I gave in Amherst, New Hampshire, 15 years ago: we have so much love to share as a family of faith," he said. "Nothing has really changed. The world needs more love, each and every day. It is our joy and our privilege to be able to share that love. Our hope is that people of all ages, both near and far, will feel the love that is still very much present and beautiful in our world – and it is a love that will ultimately overcome whatever hate there may be!" **GL**

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# The double life of Doug Bussa

## Local man enjoys farming and drag racing

**by Nancy Thompson**
*Editor*

Nancy Thompson photo

Doug Bussa grows apples, peaches and other fruit on his family's South Glastonbury farm.

Apples play a big role in Doug Bussa's life. A fourth-generation farmer, he grows more than 25 varieties of apples on his farm in South Glastonbury. And in his spare time, he drives his souped-up 2002 Camaro, which he's named "One Bad Apple," in drag races all along the East coast.

He often takes apples, as well as peaches, pears and plums, to races and uses the opportunity to promote agriculture. For him, his profession and his hobby work well together. "I tell people I've gotta pick a lot of good apples if I'm gonna pay for this one bad one," he said with a smile.

Bussa grew up on Chestnut Hill and attended local schools before enrolling in East Catholic High School in Manchester. After graduating from East Catholic he considered studying agriculture at the University of Connecticut but instead signed up for the automotive program at Technical Careers Institute.

"My dad and uncle would call someone to repair machines on the farm, but I started doing it," he said. "My dad did the books, and my uncle did the selling." He began to take over more responsibility

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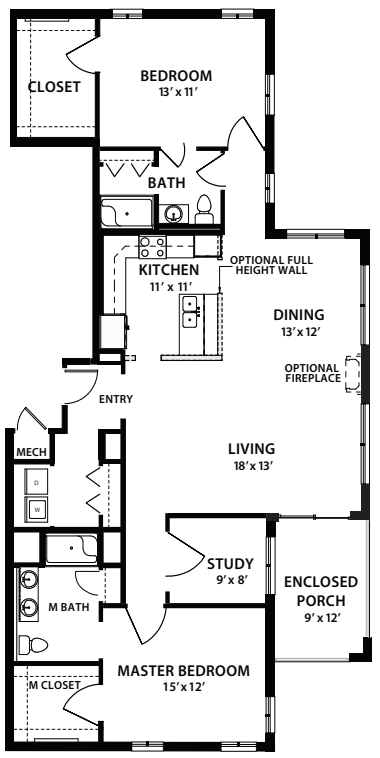


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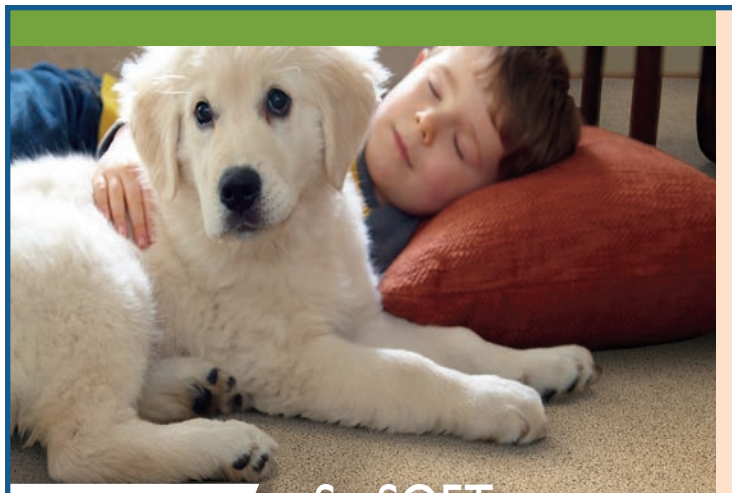

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"It's never about money," he said of farming. "It's more of a lifestyle. I do yard work. It's just a very big yard. I work seven days a week, but it doesn't feel like a job. It's something that's in your blood."

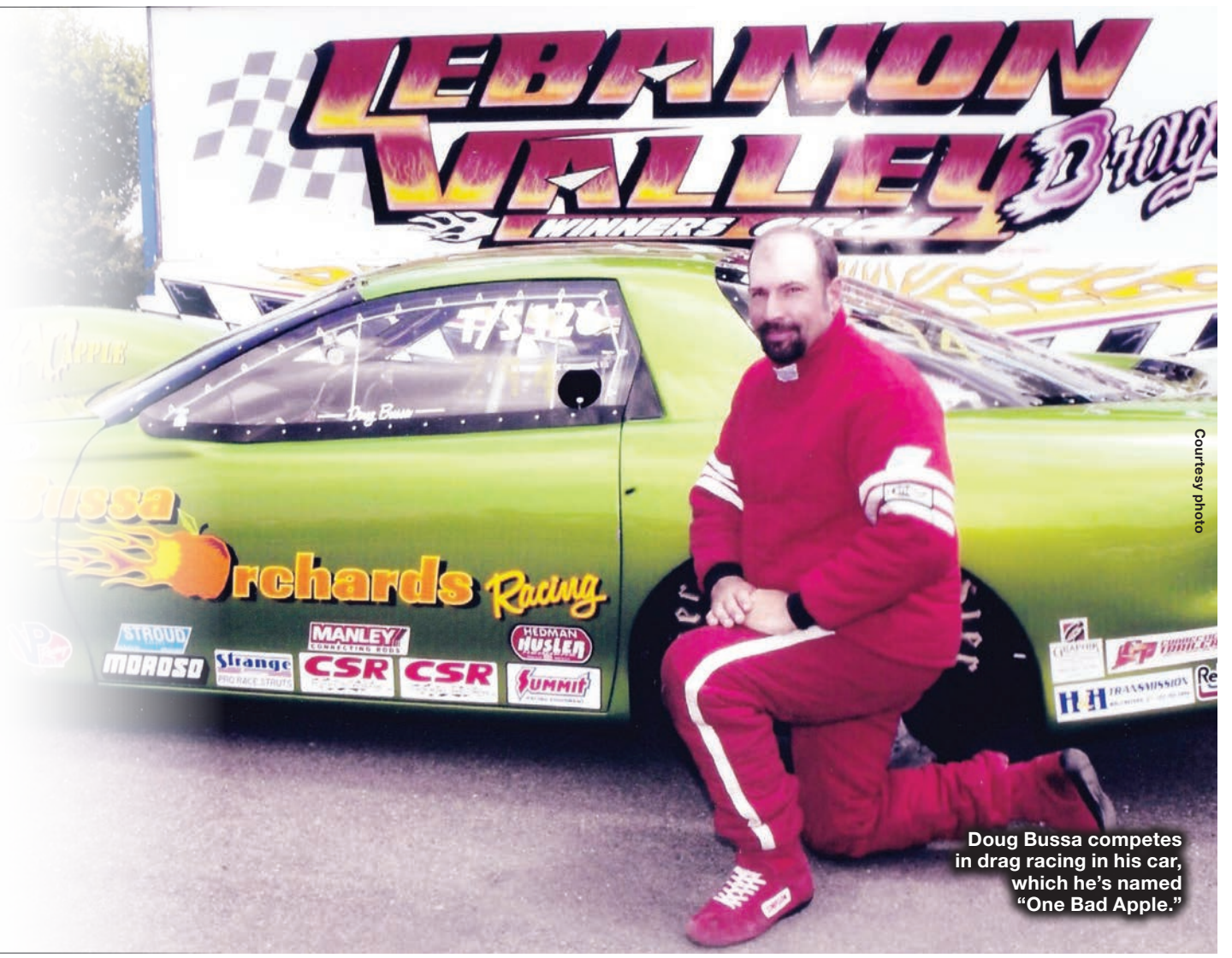
Cars – really, really fast cars – are in Bussa's blood as well.

"I always liked cars," he said. "I was always into the mechanics. I bought a '67 Camaro and got the speed bug. In '87 I started taking the car to shows, but my buddies encouraged me to take it to the track. One I did that, I was hooked."

Eventually he bought a 2002 Chevrolet Camaro, the car that has become "One Bad Apple," and has been racing ever since.

His racing schedule is dictated by his work on the farm, which can take as many as 100 hours a week in September.

Bussa competes in regional competitions sponsored by the National Hot Rod Association




Courtesy photo

**Doug Bussa competes in drag racing in his car, which he's named "One Bad Apple."**

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along the east coast from New Hampshire to Florida. He said the association was formed several years ago to get drag racers off the streets and onto a track. The Connecticut Dragway in East Haddam, the first and only drag racing track in Connecticut, closed in the 1980s when the property was sold for use as Consumer Reports' automotive test facility. Now the closest track is Lebanon Valley in New York, about an hour away.

Unlike drivers in other forms of racing, drag racers compete against the clock.

"It's a timed event of acceleration," he said. "The track is a straight quarter mile with usually about a half mile after shutdown."

He covers 60 feet in less than a second and reaches 130 miles an hour in an eighth of a mile. "The acceleration is faster than a jet taking off from a carrier," he said. His fastest time was 208 miles an hour in 6.74 seconds.

Even on a track, the sport is not without risk.

Crashes often are caused by a lack of traction. "At 1,500 horsepower you have a lot of power and things happen," he said. "It's an instinctive thing. I'm able to correct sideways. I'm strapped in with a six-point harness, a head support and a helmet. I have to control my life for the next seven seconds. Once I start the car my fears go away."

In what little spare time he has, Bussa volunteers with the Make-A-Wish Foundation and donates his winnings to help others. "I live in the dream working, and I live in the dream with the car," he said.

Bussa has impressed people who know him as a racer, as a farmer and as someone who helps others.

**"He gives 100 percent and never gives up whether it's racing, the farm, or any charity work that he helps out."**

**–Fred Perkins**

"He is always willing to go the extra mile to help anyone that needs assistance," said Fred Perkins, who met Bussa at a competition about eight years ago.

"Doug impresses me with his determination to succeed in everything that he puts his mind to. He gives 100 percent and never gives up whether it's racing, the farm, or any charity work that he helps out. People should know that he is more determined than anyone to keep that farm going since it's been in the family for so long and that most people of this generation would have sold it and taken the easy route."

Joe Dondero's family has been farming in South Glastonbury for more than 100 years.

"I have known Doug all of my life," he said. "He is one of the hardest-working farmers there is. Continuing to run the family farm is important to him, despite the hard work, challenges of mother nature and having to do it all on his own. He is proud of his heritage and I know he wouldn't have it any other way."

Bussa's life might seem to be an unusual combination of interests, but it's the way he likes it.

"I enjoy it. I love it," he said. **GL**

*To see videos of Bussa and One Bad Apple in action, visit Bussa Orchards Racing on Facebook.*


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# Your thoughts

*Mara Dresner photos*

***There are lots of great things in Glastonbury! We took to the streets to ask a few folks what makes them proud about Glastonbury. Here's some of what they said:***

**Rafaela Cicolini**
I love the sense of community the town has. We just moved here a year ago from Massachusetts. They really take care of the parks. I don't feel the need to go anywhere else – I find it all here. And the schools are great too. I love everything!

**Erin Perrelli**
The small businesses. I spend a lot of time at Daybreak Coffee. [I like] that everything's family-owned.

**Jessie Bouclier, pictured with Emmaline and Killian**
Riverfront Family Church. We meet here [Riverfront Park] during the summer near the gazebo. Normally we meet at the community center. I'm very proud of my church. We do really good things. We're open and accepting. That's very important to me.

**Lisa Joseph, pictured with Noah and Quinn**
There was always so much to do. There's a lot for the kids to do. We live in West Hartford now but we come here for the playground, and in the fall, for the apple orchards. There's a good sense of community here.

Courtesy photo

# Long lines, big smiles

## Glastonbury dentist starts Mission of Mercy Free Dental Clinic

**by Mara Dresner**
*Staff Writer*

Many of us become annoyed when we have to wait 15 or 20 minutes for a medical appointment. Patients at the Connecticut Mission of Mercy Free Dental Clinic often wait in line for hours – and are grateful for the opportunity.

The clinic, which is expected to attract more than 2,000 patients this month, was founded by Robert M. Schreibman, a local dentist.

"Basically, we'll see a lot of cavities, a lot of gum disease, missing teeth, and cleanings, people who haven't been to the dentist in two to 10 years. These are the working poor. This is not the Medicaid population, which surprised the heck out of us. People have one, two, three jobs but they don't have insurance. They can't cover the copay so they find themselves in a very precarious situations when it comes to their oral health," Schreibman said.

Schreibman, a long-time Glastonbury resident, came to the concept in 2005 when he was president-elect of the Connecticut State Dental Association and took part in a training session in Chicago.

"While at this conference one of the president elects from Kansas showed a video for the Mission of Mercy," he said. "Knowing the huge need we have in this state, I thought, 'This is the project for us.'"

While the five other New England states also expressed an interest in hosting a program, Connecticut's is the only one to come together.

"When they got back their states, they couldn't find a way to make this happen. I was determined to do this," Schreibman said. "It took three years to put together. We put together a team

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of practitioners in the state that's second to none. It's just the greatest group of people who really want to help people. They all worked hard for three years to put it together."

The group has held clinics throughout the state since the first one in 2008.

In 2015, almost 2,000 patients were served at the clinic in Danbury with a total value of donated care estimated at $1,650,000. The cost of running the clinic is $371,461. More than 1,300 people volunteered at the 2015 event and organizers are hoping to have about 1,400 volunteers this year. Volunteers have come from as far as Georgia to help with the project.

In addition to dental professionals, volunteers help with non-medical tasks, including traffic and crowd control and serve as foreign language and sign language interpreters and patient escorts. Volunteers also set up and tear down the clinic.

Schreibman said Connecticut

**Robert M. Schreibman, a local dentist and the president and founder of the Connecticut Mission of Mercy Free Dental Clinic, works at a clinic with Josephine De Lucia Bicknell, director of programs.**

Courtesy photo

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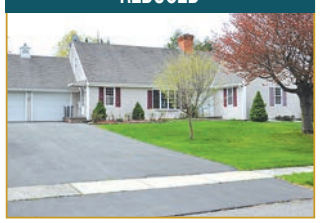

**18 Cricket Knoll, Wethersfield**
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Updated ranch home in convenient and desirable area of town. Chic colors, new hardwoods, light & plumbing fixtures, and much more.

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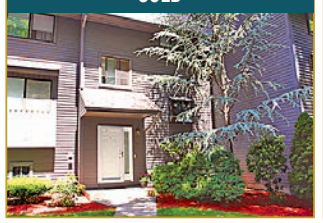

**328 Conestoga Way, Glastonbury**
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**55 Accornero Lane, South Glastonbury**
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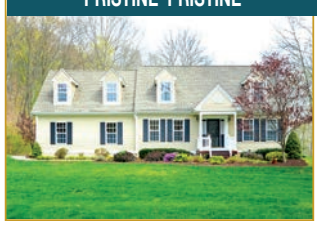

**53 Flanders Rd, East Hampton**
**$299,950**
Charming Cape Cod minutes from Airline Trail, Lake Pocotopaug, and the town center. This home looks like it was just built. A Must See!

SOLD

**100 Colton Rd, Glastonbury**
**$774,000**
Stunning home built for entertaining. Spacious master suite. Open floor plan. Lower level with second kitchen. Heated in-ground pool.

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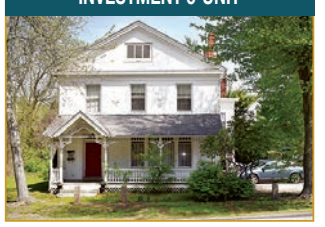

**247-249 Hubbard St, Glastonbury**
**$525,000**
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**129 Vernon Rd, Bolton**
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**8 Northbrook Ct, East Hartford**
**$125,000**
Like new condo in great complex. Convenient location. Attached garage, updated bathrooms, freshly painted, vaulted ceilings, and a large private deck.

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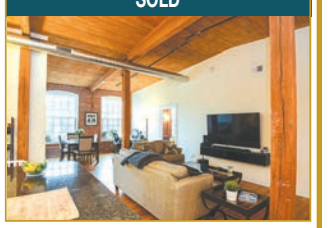

**10 Main Street, Berlin**
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**GLASTONBURY**: 5BR/5.2BA in popular Balmoral nbrhd. Custom built-ins, HW floors w/ in-lays, french doors, 4 fp. Chef's kit w/ lrg cntr isle, b'fast bar, dbl ovens & 2 sinks. MBR w/ 2 walk in closets. Fin LL w/ FR, kit, exercise rm, full BA & gas fp. Lrg 3 car gar. **$799,900 Julia-Rosner.com 860-508-3636**

**GLASTONBURY**: Waterfront lot on Addison Pond! Rare opp to own this approved building lot with barn. Underground utilities, public water & sewer, natural gas & cable available. Close to town amenities but in private neighborhood setting at the end of a cul-de-sac. **$139,000 Gina-Lavery.com 860-869-2148**

**GLASTONBURY**: BETTER THAN BRAND NEW! 2010 custom built 4BR/3.1BA Colonial w/ exceptional upgrades. Located in a fabulous nbrhd! Gourmet chef's kit w/ lg center isle, SS, blfst bar. Lg FR w/ gas fp & wet bar. Sunroom w/ cathedral ceiling & sliders to Trex deck. **$625,000 Julia-Rosner.com 860-508-3636**

**GLASTONBURY**: 3BR/2.1BA Col. Lrg LR w/ wainscoting & fp. Kit w/ new granite countertops. 3 Season room w/ fp. Walk-out LL leads to patio & priv level yard. Updated baths, built-ins, HW flrs, c/air, sec. syst, newer roof & new furnace, oversized 2 car att garage. **$349,900 Julia-Rosner.com 860-508-3636**

**GLASTONBURY:** 4BR/2.1BA Col. Multi-use oppor. possible. 3rd flr apt rentable to owner-occupant. Detached building w/ garage for home office/work-space or personal use. Appealing features of the 1920s include wood flooring, woodwork, steam heaters & higher ceilings. **$323,500 Jim Purtill 860-652-5086**

**GLASTONBURY:** 4BR/4.1BA Col. One of a kind spacious home on private lot w/winter views of Diamond Lake. Granite kit, 3 fp, central vac & skylights. Wing w/sep entrance & bath could be in-law or office. Fin lower level. Diamond Lake privileges-swim, canoe, fish! **$360,000 Julia-Rosner.com 860-508-3636**

**GLASTONBURY**: 3BR/1.1BA Col w/ lg open FR & dining area w/ flr-to-ceil brick fp. Front LR has 2nd fp & HW flrs. EIK has laundry hook-ups. Nice front porch. Two out buildings; one has power & vent pipe for a wood stove. Newer oil tank & well holding tank & switch. **$185,000 JamieRBell.com 860-604-8459**

**GLASTONBURY** ENJOY THE POND VIEW! Live downtown in Glenlochen 1. Spacious 3 BR, 3-level unit w/ neutral decor. Wood, tile & new carpet. Fin L/Level with lrg rec rm, full bath & slider to paved patio. Pristine condition. Garage next to unit. ML# g10156356. **$225,000 SuzanneDelany.com 860-402-6178**

**EAST HAMPTON**: Bright and sunny living in this lovely 3BR/1.1BA raised ranch. Located in a quiet neighborhood. Newly refinished wood floors throughout main level and large attached deck. Perfect space for starting a family. Centrally located and on a cul de sac. **$199,900 Lita Rarey 860-918-3405**

**EAST HAMPTON**: 3BR/2.1BA Col. Covered front porch, spacious kit w/ granite, lg island, open to great room. MBR w/ bath & lg walk-in closet. Full fin. walk-out basement w/ 1/2 bath. 2-tiered trex deck leading to above ground pool & hot tub. Fenced in bckyrd & lg shed. **$324,900 JodySmaglis.com 860-573-2090**

**EAST HARTFORD**: 3BR/2.1BA Ranch on cul-de-sac. 2 car gar, LR w/lg picture window. Updated kit w/one of a kind artisan stained glass cabinets. Deck & lg bckyrd. Lg walk-in closet. Solid oak floors under LR carpet, fin LL for poss. in-law. Sunroom w/heated floor. **$211,900 JodySmaglis.com 860-573-2090**

**EAST HARTFORD**: 3BR/1.1BA Ranch. Gas fp in FR, HW floors thruout. Bay window in LR for nat. light. Lg kit & DR. MBR w/walk in closet & bath. Vinyl siding, newer roof & furnace. New driveway. Fenced yard & deck. Gas grill hooked directly into gas line from house. **$199,900 AlisonSegda.com 860-729-1749**

**MANCHESTER** 2BR/1.1BA Townhouse end unit in good condition. 2 parking spaces, DR w/ sliders to private patio area. Washer / Dryer hookups in LL basement. In-ground pool on premises. Quiet residential area. Possible investor. Pick your own colors & move right in. **$81,900 Michael Brodeur 860-836-9078**

**MANCHESTER**: Country setting! Stained glass windows open to foyer w/closet & 1/2BA. Enclosed sunporch w/skylites. MBR w/walk in closet & slider to deck. Front-to-back FR in LL w/natural light & pellet stove. Newer: Lennox heat, A/C sys & metal roof, 2 car att gar. **$208,000 JamieRBell.com 860-604-8459**

**MARLBOROUGH**: 4BR/3.1BA Col on approx 1.8 private / wooded acres w/ fabulous views. Gourmet kit w/ granite, SS & bkfst bar open to FR. 9'ceil, HW flrs & crown moldings. MBR w/ walk-in closet & whirlpool bath. Fin walk-out LL w/ FR & full BA. In-law potential. **$479,900 SilviaOrama.com 860-550-4968**

**MARLBOROUGH**: 4BR/4BA Cape, 1st flr MBR suite, porch, stone patio & Trex deck! Indoor heated granite pool, 6 stall horse barn, carriage house, smoke house, 55'lake frontage, gran & SS kit, flr to ceil stone fp in LR. Set upon apprx 2.79ac on Lake Terramuggus. **$735,000 Gina-Lavery.com 860-869-2148**

**GLASTONBURY**: Vacant Land! Approved lot located in South Glastonbury directly across from Old Maids Lane. Located within the Nayaug School District. Ideal location. Last lot available in three lot subdivision. You can choose your builder! Approximately 2.59 acres. **$129,900 JodySmaglis.com 860-573-2090**

**PORTLAND**: 3BR/1.1BA Col on cul-de-sac close to farms & Conn. River. Kit w/ b'fast bar, vaulted ceil & skylite. HW floors on 1st & 2nd floors. LR w/ floor-to-ceil stone fp w/ wood box. 2 yr old roof & 2 car garage. 20'X7'covered porch. Public Water & Sewer! **$159,900 JodySmaglis.com 860-573-2090**

**WETHERSFIELD** 4BR/2BA updated Colonial. Remod'd kitchen w/ island, walk-in pantry & SS. LR w/ wood-burning fp. 2 remod'd baths, walk-up attic & full bsmnt. Freshly painted exterior. 2-car det gar, newer windows (except den), efficient gas boiler & fenced backyard. **$323,500 JamieRBell.com 860-604-8459**

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**"Basically, it's tied to the entire health system of body. You can end up with heart disease or other ailments from the bacteria that are in the mouth."**

**–Robert M. Schreibman**

was the seventh state to offer the program, which was started in Virginia. Twenty-seven states now offer the dental clinics.

"The program will serve anybody in the state who is willing to show up and wait in line. It's first come, first served. We don't check insurance, or [if someone is an] immigrant. Anyone who has an oral health problem, we're happy to help them," said Schreibman, who is also one of the co-founders of the Connecticut Foundation for Dental Outreach. That organization was formed to allow donations to be made for the clinic.

Schreibman is surprised that the clinic is still needed.

"We did this originally to handle emergency problems, for [people who] had not been able to get care for long-term pain. We put it together with that thought, never dreaming we'd be in our 10th year. I would have thought something would happen statewide" that would enable people to be able to afford dental care.

Schreibman worked as a pediatric dentist in town for more than 45 years at Smiles for the Future which he started. He didn't originally set out to become a dentist.

"To be honest, I had nothing else to do," Schreibman, who's been retired for three years, said with a laugh. "My degree was in ornamental horticulture. I found I couldn't make a good living in those days, this was in the 50s and early 60s. I went into the service and my roommate was a dentist. He introduced me to dentistry, and I really got interested in it."

Today, his horticulture skills go toward growing indoor cactus plants; he also raised orchids for many years.

Schreibman serves as a board member of the Connecticut Health Foundation and vice-chair of the governance committee. He also serves on the Community Advisory Committee for AmeriCares and has held leadership roles with the Hartford Dental Society, the Hartford Alpha Omega Dental Fraternity and America's Dentists Care Foundation.

One of the biggest challenges for Mission of Mercy was the fundraising aspect, which was why it took so long to get the first one off the ground.

"Being a new project, it was very difficult to get grants. It didn't have any history. It really took us a huge amount of effort to get the funds to do this," he said, adding that in addition to the money raised, there are a number of in-kind donors. "We have all this help. Raising the money has become difficult [again] because of the way economy went."

While the program has had ups and downs due to the state budget, Schreibman is grateful for the support the program receives.

"Really, the state and cities have been terrific. They put themselves out," he said.

Patients who attend the clinic go through a triage.

"We handle the most emergent need they have. We can't do everything," he said.

That might be just a cleaning or it might involve extractions. Follow-up plans are created as needed for patients, who are also sometimes referred to local clinics and hospitals for care.

Local dentist Brad Heim has been involved since the first year.

"The first time I heard it advertised, I was excited about it," he said. "When I started

I just volunteered in the restorative department, and three years ago I was asked if I wanted to be a supervisor of the restorative department, which is a 30-chair responsibility that is shared with one or two other dentists."

Last year, he was co-chair of the first mini-clinic, which was a 30-chair clinic. The other events have 100 chairs or more.

"I started with a desire to do charitable work about 11 years ago," said Heim, who's been a dental professional for 30 years. Another dentist in town got him interested in doing mission trips to Guatemala, which he has been doing for 11 years. "It's great to serve people in a needy country, but it's also important to serve people in your own area. It's a perfect opportunity to do a similar work locally."

Heim said that Mission of Mercy is very much a team effort.

"There are a lot of great, talented individuals, dentists and non-dentists, who make this program a success," he said. "It's a major undertaking to coordinate all that and come out with something to benefit people."

Heim isn't the only Glastonbury dentist involved in the project.

Frederick S. Landy, a prosthodontist who's has his own practice since 1979, got involved with Mission of Mercy, ofter referred to as "MOM," four years ago.

"I was aware of the organization and was looking for some way to get involved with giving back to the community at a level above just a one or two day participation. I approached Dr. Ernie Spira, who at that time practiced across the hall from me and asked him about getting involved with the team. He said just come to a meeting and the rest is history. I am currently one of the lead co-chairs for prosthetics," said Landy, who lives in West Hartford. "There are two pictures on a wall in my office of patients that show their genuine thanks and gratitude for what we do. Just looking at the pictures say more than I can put into words. I think it was three years ago at the Bridgeport event that it was raining hard all day, just buckets of rain. I was walking out, having finished for the day, when I saw a woman with two little children in a stroller coming from the bus stop. She had the kids covered with her coat and she was soaked to the bone. I turned around and followed her into the arena to make sure she was being seen that day. That is why one participates in the MOM. Participation is not for the glory, but the satisfaction of knowing that you have made a small difference in someone's life. That is what the MOM is all about."

Schreibman said that good oral health is about more than just having pretty teeth.

"Basically, it's tied to the entire health system of body. You can end up with heart disease or other ailments from the bacteria that are in the mouth," he said.

Courtesy photo

**Glastonbury resident Brad Heim has been volunteering at the dental clinics for several years. He also participates in missions to Guatemala.**

Some patients have been coming each year to the clinic.

"They're now in perfect health dentally," he noted.

As plans are finalized for the September clinic, Schreibman emphasized the collaborative nature of the event.

"I believe we all have to give back. We're all part of the same picture. I have always felt that way. It's important to take care of those have a difficult time taking care of themselves without judgement," Schreibman said. "I think it's very enriching. The volunteers come back year after year. They appreciate that the people they're helping appreciate them. It's not a one-way street. People who might be there four or five hours walk out with a smile." **GL**

*The ninth annual clinic will take place September 16 and 17 at the XL Center in Hartford and is expected to provide free dental care to about 2,200 patients. Doors will open at 6 a.m. each day.*

*To make a contribution or learn more about The Ninth Annual Connecticut Mission of Mercy Free Dental Clinic, visit ctmom.org.*

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# Building a yoga community

## Owner says Glastonbury Barre & Yoga has classes for everyone

**by Mara Dresner**
*Staff Writer*

**Lisa Romano, the owner of Glastonbury Barre & Yoga, started doing yoga about two years ago.**

Lisa Romano knows first-hand the power of yoga. After teaching language arts at Shepaug Middle School, she needed a change. Last June she left her position at the school.

"That experience is really is a big piece of my heart," Romano said. "I love teaching, but it is a 24/7 job and I was burning out."

Just under two years ago, friends convinced her to join them on a yoga retreat on Cape Cod.

"When I was a teacher, I never did yoga," she said. "I went on a yoga retreat with friends. It was a red flag that I was not in the shape I want to be and I had a hard time settling my mind. That was two years ago this September. I came back and found a regular practice. I needed it for my mental, physical and spiritual health. I think women forget to take care of ourselves and it's so important. We care for everyone else and we don't care for ourselves. When I retired a year ago, I found myself in really bad shape physically."

Her yoga classes reinforced that she wasn't where she wanted to be. She kept going back and became friends with a group of women who attended the sessions. When that studio closed, Romano had an idea.

"Could I reopen it? Could I do this?" she asked herself. "My husband, who is a businessperson, absolutely encouraged me to do it."

Romano is now the owner of Glastonbury Barre & Yoga, which opened in April.

While it happened fairly quickly, Romano did do her homework.

"I did research on boutique studios around country. It's actually a growth industry; I had no idea," she said. "I did my research on the best teachers in the area. That was really important to me."

The studio offers a variety of yoga and barre classes.

"It's the opposite of a big box gym. We always have small classes, no more than 15 people. We're very individualized. We know our clients. It ends up being kind of a community. It's the opposite in every way of a big gym," she said.

The studio has been a success.

"We're doing great. I'm pleasantly surprised by how well we're doing," she said.

Unlike many other yoga studio owners, Romano doesn't teach classes herself.

"I am a teacher, so I feel like I know what it takes to have a good learning experience, a positive learning experience. I've been in every instructor's class, and I give feedback on every class, I know what people need, not only to learn but to grow in their own practice. This is a business number one. I can't do this and teach at the same time," she said, adding that there are many tasks involved with operating a studio, from cleaning to marketing to paying the bills. "That's where my time is best used. I admire people who can do both, but personally I don't think I can do both. Let me do my work and let them do their work."

Glastonbury Barre & Yoga offers daytime classes Monday through Saturday. Romano said they're continually evaluating what classes are offered and on what schedule.

"We're building slowly. I want to add the right teachers. We're looking for what people are asking for. We've got a core of barre and yoga classes; now we have to see where we're going to go. [We might] add Pilates, [we might] add variations of yoga classes like yoga with weights. I'm adding every week. I'm thrilled," Romano said.

Clients register online for individual classes or packages.

"There's a variety of yoga. I think there's a yoga class for everybody out there," Romano said. "We have all levels of classes, really for everyone from beginner to expert. You can come to yoga with no experience or a lot, and I love yoga for that."

Classes include Vinyasa, power and restorative yoga, as well as barre classes.

"I am a barre fanatic," she said. "Barre is a combination of combination ballet, Pilates, yoga. It's a very intense lower body workout. We incorporate weights for upper body strength and core work. It's addictive. At your first session you will be shocked how it addresses every muscle. I think the results speak for themselves. And we have some of the best barre teachers around. I was pretty fussy about that. You don't need experience. The instructor's there; she watches your form. She knows what she's doing."

Decorative artist Teresa Gionet has been attending classes with her daughter, Laura.

"Glastonbury Barre & Yoga is a beautiful and unique studio

offering a variety of classes – barre, core class, restorative yoga and my favorite: power yoga," she said. "GBY is a hidden gem."

"The staff and instructors are amazing and so friendly. This studio is conducive to trying and learning new techniques, poses and exercise styles. It constantly challenges me and has expanded my yoga practice," Lauren Gionet, an Internet marketing specialist, added.

Romano herself enjoys taking classes.

"I am a big fan of the morning Vinyasa, the sun salutations. I find it is the most beautiful way to start my day. It gives you a peace of mind to get through the rest of the day," she said. "Power is in my challenge. I'm not in my 20s. I thought power's not for me, [but] it is for everyone. I feel so much stronger because of power. You can go in at all levels. You do whatever you're able to do. I can't say enough about it."

The studio also works to help people disconnect. There is a no cell phone policy.

**"Now, you're not only getting healthier and more physically fit, you've got a community around you. It's a great combination."**

**–Lisa Romano**

"This is a place for your brain to settle," she noted. "Even if it's just five or 10 minutes of savasana at the end of class, let your brain go there and have quiet time."

She has been a big fan of meditation since her retreat.

"Honestly, I wasn't that interested or involved," she said. "Now I'm this advocate for meditation."

She finds the practice especially helpful when she has trouble sleeping.

"It's my only way of settling. Trust me, it took effort," she said.

She hopes to eventually bring a larger meditation component to the studio. Right now, she's trying to teach her family to practice, including her husband, Michael, who's been in commercial real estate for 35 years.

"He's been the biggest supporter. He blows up the Pilates balls. He just does everything; he's wonderful. There's nothing like having a support system in your life," she said.

She noted that yoga is helpful for runners and is a great adjunct to anyone's workout program.

"It's beneficial to anyone," she said.

Romano said that the studio is as ecofriendly as possible, such as using environmentally friendly cleaners and real towels, and offering BPA-free bottles.

"We feel very strongly about the environment. We have to walk the walk. We do everything we can to recycle," she said. "We try to do everything we can to use recycled and clean products. We really work on it; it's hard to do."

She hopes that Glastonbury Barre & Yoga becomes more than just a place to get a good workout.

"I read the best line, that working out is the new going out. People go out for coffee after class; they go out for wine at night. It's become a community," she said. "Now, you're not only getting healthier and more physically fit, you've got a community around you. It's a great combination." **GL**

*Glastonbury Barre & Yoga is at 343 New London Turnpike, 860-904-0522. Visit glastonburybarreandyoga.com to learn more.*

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# Working for a better future

## Philanthropist Ilka Torres lives her ideals

**by Mara Dresner**
*Staff Writer*

Ilka Torres's early years gave no indication of her success to come. She moved to Connecticut from Puerto Rico when she was a child with her mother and a younger sister and brother, while two other children stayed in Puerto Rico with her father.

"I went to Batchelder School. I was basically raised in Hartford," Torres said. "We lived with an aunt for a while, then my mom got into Section 8. Our first apartment was on Washington Street in Hartford. It was convenient. I got a job at McDonald's right across the street from where we lived. I'd go to Hartford High and then go to work at McDonald's. To be honest, we were poor. We did not have any money. My mom was Section 8. She took welfare and food stamps, so I had no dreams. I was just taking a day at a time. When I was 18 and about to graduate high school, I found out I was pregnant. It was a big shock for everybody, including my mom. She was not a happy camper."

While it could have led down a very different path, Torres found it a motivating factor.

"When I had my daughter, Veronica, that's when everything sort of clicked in my head. I was definitely a teenaged mom," she said. "Something clicked and I thought, 'Oh my God, now I have this little

Courtesy photo

Ilka Torres, one of the people featured in the Hartford Foundation for Public Giving's "I am a philanthropist" ad campaign, grew up poor.


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person I need to take care of.'"

She decided to go back to school.

"I didn't like school. I was not a school fan, but I decided to go for a certificate in accounting at the Morse School of Business, which no longer exists," she said.

She did an internship with State of Connecticut in the Department of Public Health, and about six months after she graduated, she was hired as a clerk in the accounts payable section of their business office.

"I was hired when I was 21 back in 1998. That same year, I bought my house, a duplex in Hartford right on Wilbur Street, which I still have and rent out. I also bought my first car when I was 21, so a lot happened," Torres said. "My mom never drove; she still doesn't drive. So for me to get my license was a big deal."

"My sister came to live with me because we're all trying to run from home, to get away from my mom," she said with a laugh.

Buying a home sparked a new career. While Torres continued to work for the state, eventually she decided to pursue a career in real estate.

"After we bought our house in Glastonbury in November 2010, I started thinking of the real estate process. There's a fascination there in terms of looking at houses, helping people," she said.

After getting her license, she began working for House Everything Realty Group in East Hartford.

Four years later she started working at RE/MAX Precision Realty in Newington, where she said that being bilingual is a bonus.

"A lot of people speak Spanish and want an agent to speak Spanish," she said.

She continues to work two full-time jobs.

"Ninety percent of my real estate clients work," she said of her real estate work. "They want to see houses after they get out of work, at 4:30, 5 o'clock. At that point I'm completely available to them.

She also went back to school and earned her bachelor's degree in accounting from Central Connecticut State University, even though school still isn't her favorite thing.

"[I did it] just to teach my daughter that even if you don't like to do something, you do need [to do it], like to go back to school and finish," she said.

Torres knows that she easily could have just been another statistic.

"What I do know is I work very hard. Sometimes I had three jobs going to school; or I'd take a part-time job whether at Marshalls or T.J. Maxx and I'd still working for the state. I work really hard for what I believe. Definitely my mom was a big, big help with babysitting," she said. "Also my partner was really a big help in pushing me to do my best and go after my dreams, finishing school, getting my real estate license. She has always been very supportive in everything I do."

**"Ilka is a wonderful example of someone who truly wants to make a difference in their community and works with others to pool their collective talents and resources to improve people's lives."**

**–Deborah Rothstein**

Torres also is committed to giving back and especially driven to help her community.

She is a member of the Latino Endowment Fund and was featured in the foundation's "I am a philanthropist" campaign.

Chris Senecal, the foundation's senior communications and marketing officer said that since 2003, the Latino Endowment Fund, one of the first of its kind in the United States, has awarded more than $150,000 in grants to organizations serving the Latino community. The fund is valued at more than $250,000.

"Ilka is a wonderful example of someone who truly wants to make a difference in their community and works with others to pool their collective talents and resources to improve people's lives," said Deborah Rothstein, vice president of development and donor engagement. "As a member of the Foundation's Latino Endowment Fund, Ilka joins other committed residents to identify and learn about issues of concern to Greater Hartford's Latino community and award grants to local nonprofits working to respond to these issues."

Torres said it's important to support Latino community services.

"I have always been involved in my community in giving. I like to contribute a little extra I have whether it's in time or money," she said. "Not too many people do it. If we don't do it for each other, if we don't support each other, I really don't see anybody else doing it. It's very important. There's a huge need for programs that help the community, whether it's education, early childhood. We need the help. Every little bit helps."

She likes the idea of her money being combined with donations from other like-minded people.

"Here, you have the foundation just piling up every little bit of money, whether it's $100 per person or $250 per person," said Torres, who has a budget for charitable giving.

There's a phrase in Spanish that encapsulates her philosophy: "En la unión está la fuerza."

"It translates that when we unite, that's where we get our strength. When we can combine all these little moneys that support the foundation, I think we have a bigger impact," she said. "We need more. We need more support. We need more people that want to help our community and have the light to give, just to give back. I feel that the more people that know about the foundation and start to support the foundation and small grants for the community, it's a better future we're all going to have." GL

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# Counselor wants to give people a 'true chance'

## Crystal Benoit specializes in weight-related issues

**by Mara Dresner**
*Staff Writer*

Photo by Mara Dresner

Although Crystal Benoit welcomes clients with a variety of issues, she specializes in helping those with weight-loss challenges.

When you meet Crystal Benoit, you get the sense that she's a fit, active person. And indeed, Benoit, a licensed professional counselor and national certified counselor, exercises every day, enjoys activities such as hiking and is careful about what she eats. Yet, Benoit, who specializes in working with people who want to lose weight and maintain that weight loss, understands better than most the challenges that her clients go through: She used to be 150 pounds heavier.

"I was always a very heavy child," she said. "When I graduated high school, I decided college wasn't the right thing for me, and I went and worked in daycare. Then I realized I needed to do something for my own health, so I joined Weight Watchers and lost 150 pounds. It kind of came off easy for me. It was after that, that I realized how difficult it is to keep it off. It was a constant back and forth, thinking about food, how to navigate it when I'd go to parties, socially, restaurants, dating, and it really was quite a struggle for me. I did a lot of soul searching and reading, and decided counseling was probably best way for me to figure all that out. I had gone to counseling previously for life changes and transitions. I was trying to reframe the way I look at food, to distract myself with mindfulness. The more I learned, I could figure out how to apply for myself and to help other people do the same."

Benoit went back to school and earned two degrees, including a Master of Science in mental health counseling, from Southern Connecticut State University.

While one area of expertise is working with people trying to lost weight, she also has worked with adolescents and adults on a variety of problems including anxiety, depression, anger and trauma.

In addition to her own business, True Chance Counseling, which she opened six months ago in Glen Lochen, she works four days a week at Rushford, a part of Hartford Healthcare that includes a crisis stabilization unit, crisis hotline and 10-bed respite for mental health clients.

"They're very different," she said of clients who might have schizophrenia or are bipolar. "I love my full-time job. I have a very different sort of connection with the clients I work with. I work with them in a very different capacity. They're two very different things. I find joy in both, so it doesn't really seem like too much."

At Rushford, she works both evenings and days, which leaves her plenty of time for True Chance Counseling.

"Crystal has an infectious energy. She is a great listener and problem solver which makes her great at her at being a licensed professional counselor," Kelly Miller said. Miller, a licensed clinical social worker, is the coordinator for the bariatric surgery program at MidState Medical Center in Meriden. "Crystal completed an internship under my supervision at MidState Medical Center working with our patients who were preparing for bariatric surgery. She also was a nanny to my twin boys who were born premature and needed to be cared for at home."

Benoit offers an active therapy options, where she and the client go for a walk, rather than stay in her office. She also offers group therapy, which is often a good option for those trying to maintain their weight.

"It's more convenient and more economical. That social bonding helps with longer term success," she said. "Eventually I'd like to have a full wellness center, and work with a personal trainer and a nutritionist."

She brings a wealth of experience to her business. She served as clinical director at one of Wellspring Weight Loss Camps in Texas, has received specialized training in cognitive behavioral therapy for weight loss at the Beck Institute and has attended food addiction seminars.

She especially enjoyed working at the camp.

"What an amazing experience," she said. "I still talk to the kids. They were there for nine weeks. They're all keeping the weight off."

Camp started each morning with a three-mile walk for both campers and staff.

"Then we would go to breakfast, and then there would be activity after activity. It didn't stop until 9 at night. For some reason, an alarm went off at 11:45 every single night. I would go to bed and then the alarm would go off at 11:45," she said with a laugh.

"Crystal was incredibly knowledgeable and helpful with any questions that we had during our weeks in the program," said Rahul Ramesh, one of four people Benoit supervised at the camp. "I was most impressed by her genuine nature when speaking with the rest of the clinical team. What made Crystal great at what she did was her ability to focus during one-on-one settings. She was adept at ensuring that the individual she was speaking to received her undivided attention and focus. I felt that I grew a lot as an aspiring professional because Crystal encouraged us to ask questions about any issues we faced while still encouraging us to challenge ourselves and find what worked best for us. I was also impressed by Crystal's drive and motivation with her own goals and

aspirations. It was clear to us that she was not one to settle and wanted the best for those that she worked with,"

She said people who are struggling with weight issues are often also dealing with other mental health concerns.

"A lot of times they go hand in hand," she said. "I really like to work with people who have had bariatric surgery. They often don't have the opportunity to talk about the things that got them there in the first place. It's really important because a lot of people gain the weight back even after a serious surgery and their bodies have changed."

Although Benoit lost her weight 11 years ago, she said she still deals with food issues. When she lost the weight with Weight Watchers, the program was focused with counting calories.

"I exercise daily. I really watch what I eat. I plan everything out. I spend hours planning and cooking. I have a stand-up freezer and I keep it full, so when I'm not so prepared, I can still be prepared, I can just pluck out [a healthy meal]. Encouraging other people helps me as much as it helps other people," she said.

Benoit said her weight is right for her.

"I'm clearly not a small person. If I wanted to I could probably lose more weight but to be able to sustain that, I would probably have to eat just carrots and chicken. I don't believe I could keep it off," she said.

"There are times I just want a cookie. You have to learn to manage those things. Eat it and move on. [People say], 'I ate a cookie, so I might as well eat some pizza. I might as well eat some ice cream and I'll start [my diet] on Monday.' Those are the words of the diet world."

Benoit stressed that she is not a nutritionist.

"I don't talk about what they should eat or shouldn't eat. We talk about how to manage the cravings, how to manage the times when you're really stressed out and all you want to do is sit on the couch and eat a bowl of ice cream, and how to stop those things from happening. It's stressful to be on lifetime journey of trying to keep off the weight. It doesn't matter what part of the journey they are in. They could have lost all their weight and come and say, 'I'm worried about gaining it back,' or they could never have tried a diet at all and we can talk about that too," she said.

**"If I were to tell people to do one thing, I think the most important thing is to write down what they're eating, whether it's good, bad or indifferent."**

**– Crystal Benoit**

She said that any diet can work, but losing the weight is just part of the equation.

"As soon as you stop [dieting], it comes right back on and that's the problem. It's a big struggle. There's this misconception of perceived control," Benoit said, comparing being overweight to addiction. "Food is even harder than say, cigarettes. Cigarettes you can stop smoking and no longer have to have a cigarette. You need food to survive; you can't avoid it. It's part of everything we need to sustain life. You surround yourself with social events. You go down the street and you find Chipotle and Chick-fil-a and other fast food. You can't even go into a craft store without there being an aisle of candy!"

One of her biggest recommendations is to keep a food diary.

"If I were to tell people to do one thing, I think the most important thing is to write down what they're eating, whether it's good, bad or indifferent. I don't mean putting it in your phone. I mean physically writing it down daily. When you write things down, it commits to your brain better. There are all these apps you can scroll through. I can click 'banana' and it leaves [my brain]. If write it down, the brain remembers better. It helps the brain register it's eaten. There's a lot of mindless eating going on, eating for eating's sake," she noted.

Writing what you eat down helps you see not only what you're eating but when.

"It gives you a pattern. When am I eating more food? Is it right after I get out of work? It gives you a guideline for what you're doing. I commonly hear, 'I don't even eat three meals a day. I never eat breakfast.' Many people who are overweight don't eat breakfast. People know what they're doing when they're eating on a diet, it's regimented. Then it's gone and you're going back to the eating you were doing prior to that. [Journaling] gives you a little bit of accountability. If I'm going to eat two cookies, I don't want to write it down, so maybe I'll just have one cookie."

She works to offer a comfortable atmosphere for her clients, including a coloring station. "I thought that would be a great for anyone to just come in and color. It's such a big thing right now, the adult coloring pages and books. What it really does is help people stay in the moment and get out of their brain. You're not focusing on the things, the issues, the different concerns you have. You're really paying close attention to the thing you're doing. It's calming. You stay in the moment. It's a really good tool," Benoit said. "I'm hoping to add a little bit of comfort and relief about coming in. People are nervous about coming to therapy, especially for the first time. People get nervous. They think they have to lay down on the couch and spill every single life history moment, and I just want to make everyone as comfortable as possible." **GL**

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# People Notes

*Courtesy photos*

**Caroline Cerminian** was one of 36 young golfers selected to participate in the Eversource PGA Tour Player Experiencs for young golfers at TPC River Highlands in Cromwell during the Travelers Championship last month. In addition to playing with some of the professionals, she attended private golf clinics, a question-and-answer session with elite players and a dinner reception.

The following veterans recently received medals from State Sen. Steve Cassano (D-4): **Paul Auner; William Chapman; James Dillon; Edward Dondero; Joaquim Esteves; Stephen Faucher; Lawrence Fleming; Preiss Frederick; Frank Goeckler; Veronica Gorey Artiaco; Billy Harris; Vincent Holcombe; Leslie Kenny; Harry Kiernan; Vincent Manganello; Michael Monaco; Francis Mullen; Paul T. Oberholtzer; Eric Patches; Carol for Spencer Pratt; Louis Preli; Ronald Strine; and Gregory Waring.**

The following local students have earned college degrees. **Matthew Hadorn** has graduated from the Rochester Institute of Technology, Colleen Batson has graduated from Becker College, and Sophie Dasinger has graduated from Tufts University.

**Georgia Oppenheim** and **Julia Cechini** have received scholarship awards from Margaret Wilcox & Associates. Georgia is attending Wellesley College, and Julia is attention the University of Connecticut. The photo above shows Wilcox with Georgia. GL

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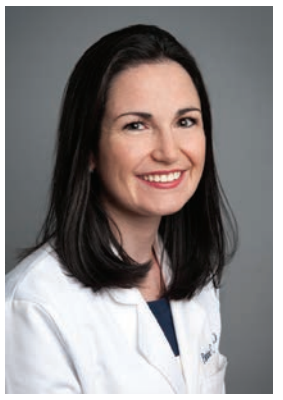
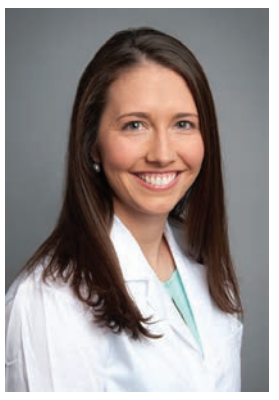


Dr. Patricia Davis

Dr. Davis graduated from Cornell University and received her medical degree from UCONN School of Medicine in 2012. She completed her residency training in ObGyn at UCONN in 2016. Dr. Davis has received awards for excellence in teaching and pelvic surgery.



Dr. Briana Huguenel

Dr. Huguenel is a graduate of Wheaton College and attended the UCONN School of medicine. She completed her ObGyn residency at UMass Memorial Medical Center, where she earned numerous awards for dedication to medical education.

# Where to FIND IT

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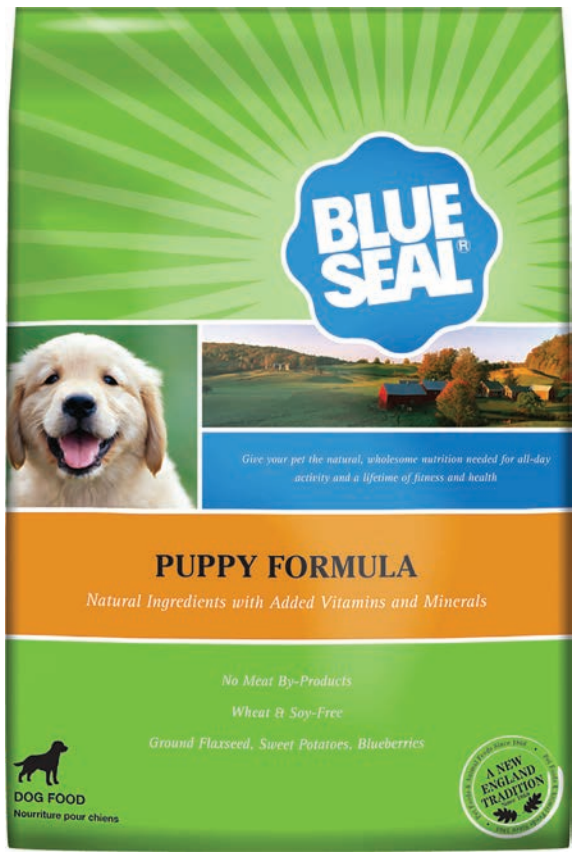
Blue Seal dog food has been pleasing pet palates since the 1800s! Made in Vermont, each variety features flaxseed, sweet potatoes and blueberries – with no meat byproducts, wheat or soy. There are varieties for every stage of your pet's life, from puppies to senior dogs. Prices range from $11.95 for an eight-pound bag to $34 for a 30-pound bag. Ask about which variety is right for your dog! You'll find it at Glastonbury's exclusive Blue Seal dealer, Melzen Farm Supply, 100 Oak Street, 860-633-9830, melzenpetsupply.com.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Construction is underway on the next two phases of Seabury's expansion, including 68 new independent living residences scheduled to open in the Fall of 2017. We are now accepting applications for residence from adults 50 and over. **Learn more about how to reserve your future home at our monthly informational sessions on every 1st Thursday at 1:30pm and every 3rd Wednesday at 10:30am. Call (860) 243-6081 or (860) 243-4033 for reservations or e-mail info@seaburylife.org.**

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# Events spotlight

## 54th On the Green art and craft show

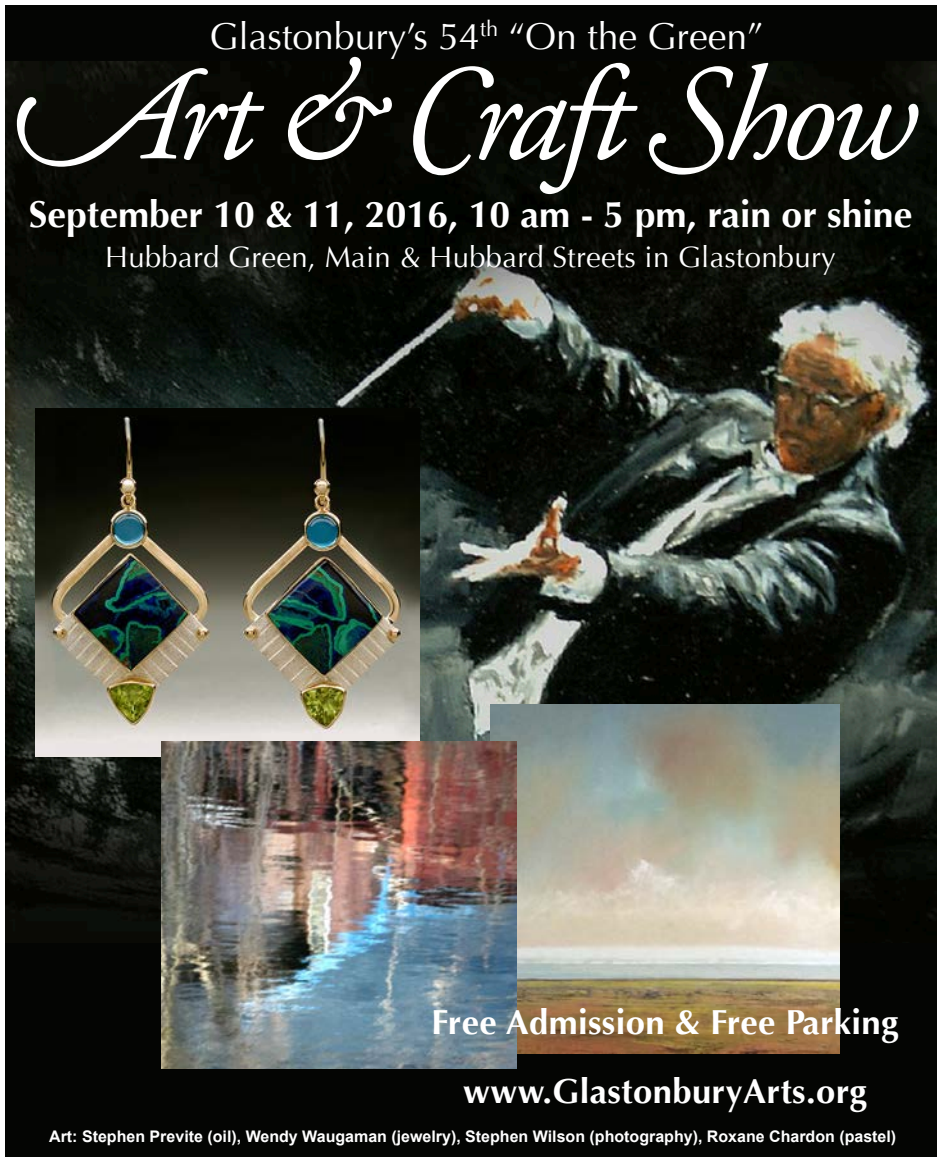
September 10 and 11,
10 a.m. to 5 p.m.
*Hubbard Green*
*Glastonburyartguild.org*

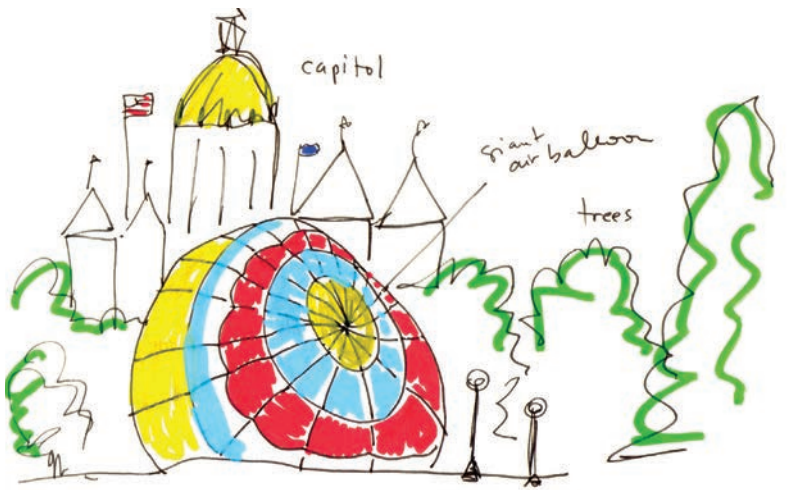
This annual event, which draws hundreds of art-lovers every year, features realistic and abstract art in oil, watercolor, pastel, photography, graphics, drawing, mixed media, and sculpture, as well as hand-made crafts in clay, metal, glass, fiber, wood and jewelry. There is no charge for the show or a variety of children's art activities, and a food court will offer hot and cold food, desserts and beverages. Free parking will be available at Glastonbury High School with shuttle bus service to and from the green, and also at the soccer field on Main Street, a short walk from the show. The show will take place rain or shine.

## Farm Day

September 18, 1 to 5 p.m.
*Welles-Shipman-Ward House, 972 Main St., South Glastonbury*
*Hsgct.org or 860-633-6890*

The Historical Society of Glastonbury's annual celebration of Glastonbury's rich agricultural history will include a cobbler making shoes and demonstrations of weaving, basket-making and other colonial crafts. Visitors can join in by braiding straw, making rope and arranging dried flowers that were grown in the Welles-Shipman-Warn House garden. A variety of farm animals, including horses, chickens, bunnies and goats, will be on hand,


Glastonbury's 54th "On the Green"
Art & Craft Show
September 10 & 11, 2016, 10 am - 5 pm, rain or shine
Hubbard Green, Main & Hubbard Streets in Glastonbury
Free Admission & Free Parking
www.GlastonburyArts.org
Art: Stephen Previte (oil), Wendy Waugaman (jewelry), Stephen Wilson (photography), Roxane Chardon (pastel)




Don't miss Envisionfest Hartford on Saturday, September 17! Enjoy over 100 completely FREE events, activities and performances as well as free admission to the Wadsworth Atheneum Museum of Art and the Connecticut Science Center. Try yoga or Zumba on Burr Mall, head to the library for Hip Hop Nation 2016, featuring workshops, performances and breakdancing, take a trip to the top of the Travelers Tower, play giant games in Bushnell Park, shop at the Envisionfest Marketplace, and so much more.

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The full Envisionfest schedule will be announced in September at envisionfesthartford.com.

and children will be able to participate in sack races, leap frog and other games from colonial times. Free parking will be available at St. Augustine Church, 55 Hopewell Rd. Handicap parking is available on the house property.

## Seth Glier in concert

September 10, 7 p.m.
*A private home in Glastonbury*
*860-633-5057*
*or pattisivocole@gmail.com*

The Gathering Room's season opens with singer-songwriter Seth Glier in concert. Local singer-songwriter Connor Wallowitz will open with original music. The suggested donation is $20 for adults and $15 for students plus a donation to the local food bank. Directions will be forwarded when reservations are made.

## Composers of the Great American Songbook

September 18, 2 p.m.
*Welles-Turner Memorial Library friends room*
*Wtmlib.com 860-652-7720*

This concert will feature songs written for Broadway and Hollywood musicals from the 1920s to the 1950s performed by bassist Jim Scianna, vocalist Maria Tiscia and pianist David Oliver. Seating is limited and so reservations are required online or at the library's reference desk.

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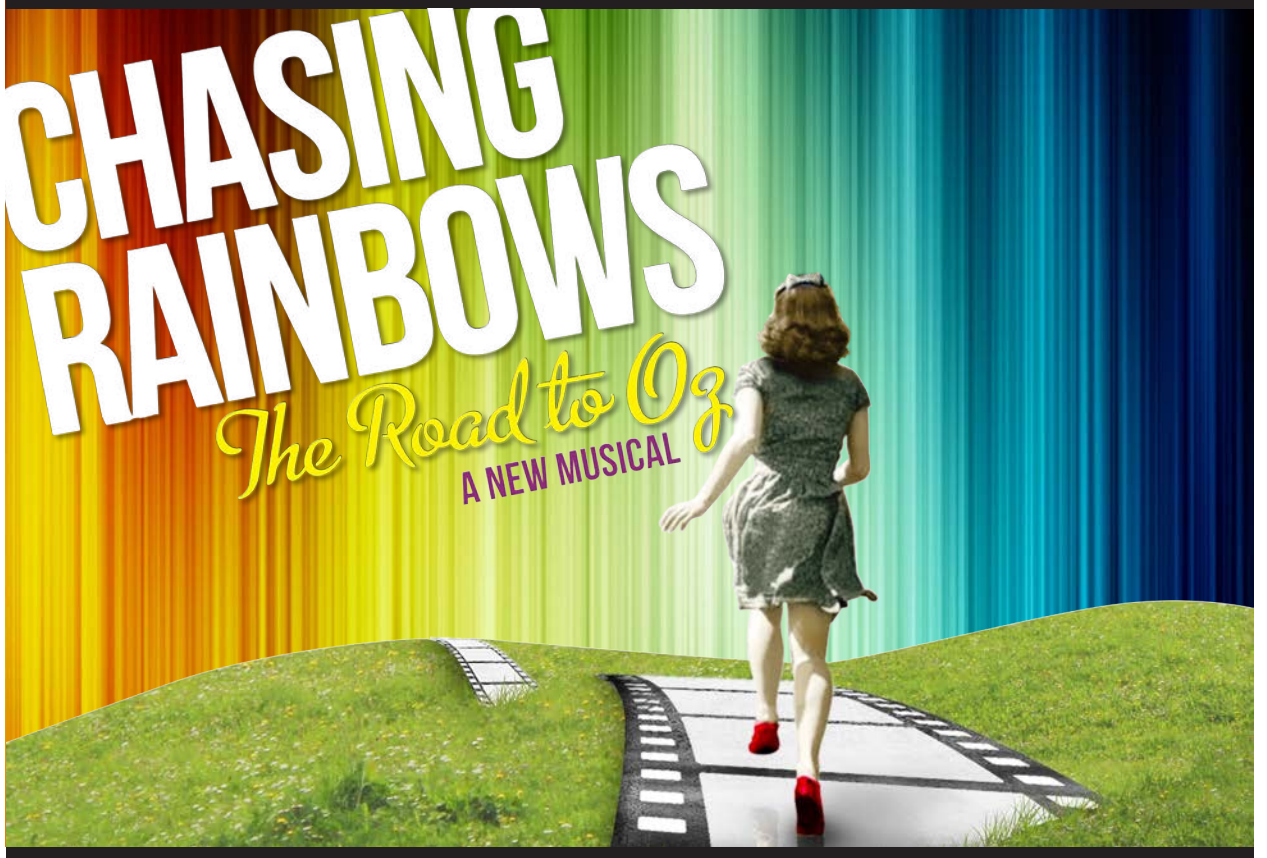


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# A little bit of Napa Valley in South Glastonbury

## Joseph Preli Farm Winery offers traditional and unique wines

**by Nancy Thompson**
*Editor*

Nancy Thompson photo

John Yuskevich and Jeanne Ellice create a variety of wines at the Joseph Preli Farm Winery, including some from these grapevines, which are nearly 100 years old.

Visitors to California's famed Napa Valley enjoy stunning views and delicious wines. Visitors to the Joseph Preli Farm Winery on Hopewell Road can have a similar experience.

The local winery, a small farm with grapevines that are nearly 100 years old, friendly hosts, fine and often unique wines, and a laid-back ambience, is reminiscent of Napa Valley as it was decades ago.

It's small and intimate, and that's the way John Yuskevich and his partner, Jeanne Ellice, like it.

The farm, which is named for Yuskevich's grandfather, has been in his family for nearly a century.

"My grandfather had a small

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dairy here," Yuskevich said, adding that his grandfather was one of many people who came here from Italy and started farming the fertile land of South Glastonbury. "All my aunts were milkmaids."

While the commercial winery is only about a year old, Yuskevich's grandfather made wine for his family's use, and customers have been buying the farm's grapes for jam and other purposes for many years. While most are concord grapes, Yuskevich has added some Niagara grapes, a traditional variety often grown in the Northeast. He said he's in the process of getting approval to make wine with the new grapes as well as a cider made with farm-grown hops.

Their labels say "farm winery" because they use up to 95 percent of their own produce. "Most in Connecticut aren't farm vineyards," he said.

They plant mustard between the rows of grapevines, both to attract honeybees – they have nine colonies of bees nearby on the property – and to use as "green manure" when it's tilled into the soil. It's a practice that's common in Napa and other wine regions in California.

Joseph Preli Farm wines include five table wines, a red made from concord grapes and named Giuseppe for Yuskevich's grandfather, Dario Blue, a semi-sweet wine made from the farm's blueberries and suitable for dinner or after dinner, Uncle Pete's, a peach table wine that can be used as a base for sangria, Snaggle Tooth, a citrus and fruit wine made from pineapples, oranges and apples, Day of the Dead, made from apples and grapes, and Elsie, a dessert wine made from tomatoes. They add no sulfites to any of the wines.

The farm is not on the Connecticut Wine Trail, and Yuskevich and Ellice have no plans to join it.

"Many customers go off the trail to find quiet," he said. "We get customers from all walks of life. They come and talk together and exchange recipes."

The couple sells a wide variety of fruits and vegetables in addition to grapes and wine.

"Like my grandfather, we grow a little bit of everything," Yuskevich said.

Their produce includes several kinds of berries, winter squash, okra, a variety of peppers including poblanos, kale spinach and other greens, herbs and flowers. They pickling cucumbers have become so popular that they sell pickling kits with everything needed to recreate their recipe for refrigerator pickles.

Yuskevich uses all antique equipment, including tractors from the 1920s and 1930s. A barn holds several antique tractors including a "doodlebug," a Ford Model A sedan that was cut down and turned into a tractor. Their house, a yellow gambrel colonial with a stucco finish, was built in 1780, with the stucco added in the 1920s when one of his ancestors decided to make it look more like the houses near their home in Italy.

Yuskevich and Ellice have made many friends through their farm and their wine.

Lynn Damon, who has been photographing local farms for the

## Here is wine shop owner Craig Witzke's take on Joseph Preli Farm wines

**Concord grape (Giuseppe):** "A classic that tastes just like Grandpa used to make and one of the most popular at my store."

**Blueberry (Dario Blue):** "A fan favorite with strong blueberry flavors and a touch of sweetness. It smells like blueberry pie and is usually the first to sell out."

**Hard cider (Snaggletooth):** "A great, approachable sparkler with hints of apple, pineapple and orange to it."

**Concord and cider (Day of the Dead):** "A special blend of the Snaggletooth and Giuseppe, it offers the bubbles with the structure of the concord grape."

**Tomato Wine (Elsie):** "The most unique of the Preli lineup, a dessert wine, light golden in color, sweet on the palate with the finish of fresh tomatoes. It's truly an experience!"

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Historical Society of Glastonbury since 2009, said Yuskevich was the first to reply to a letter she sent to farmers explaining that she wanted to do.

"We became instant friends and Joseph Preli Farm and Vineyard is one of my favorite farms to photograph," Damon said. "I met Jeanne later when the two were dating and she was working at the farm and running the stand."

She said she has been impressed with their determination to create their new line of wines while tending to the entire farm, as well as their willingness to share their expertise about wine-making and the history of the Preli homestead.

2hopewell American Bar and Bistro owner Bill Driggs, whose restaurant is a short way down the road from the farm, said he likes the way Yuskevich thinks "outside the box."

He continued, "They are offerings from the area that show the diversity of what the farms in South Glastonbury are growing and capable of producing. While unlike many traditional wines, or at least what people think of as traditional wines, John is crafting tasty, unique stuff that will surprise people with its quality and drinkability."

Craig Witzke, owner of South Side Wine & Spirit Shoppe in South Glastonbury, has known Yuskevich and Ellice since he took over the store from his father in the mid-1990s.

"John's background is in mechanical/HVAC equipment, so he would always help out when we had trouble with our coolers or heat or air conditioning," Witzke said. "He was the one my dad said to call when I needed help with something, and boy, let me tell you, he was always right there, never with a hesitation."

Lynn Damon photo

**This sign welcomes visitors to the Joseph Preli Farm Winery on Hopewell Road**

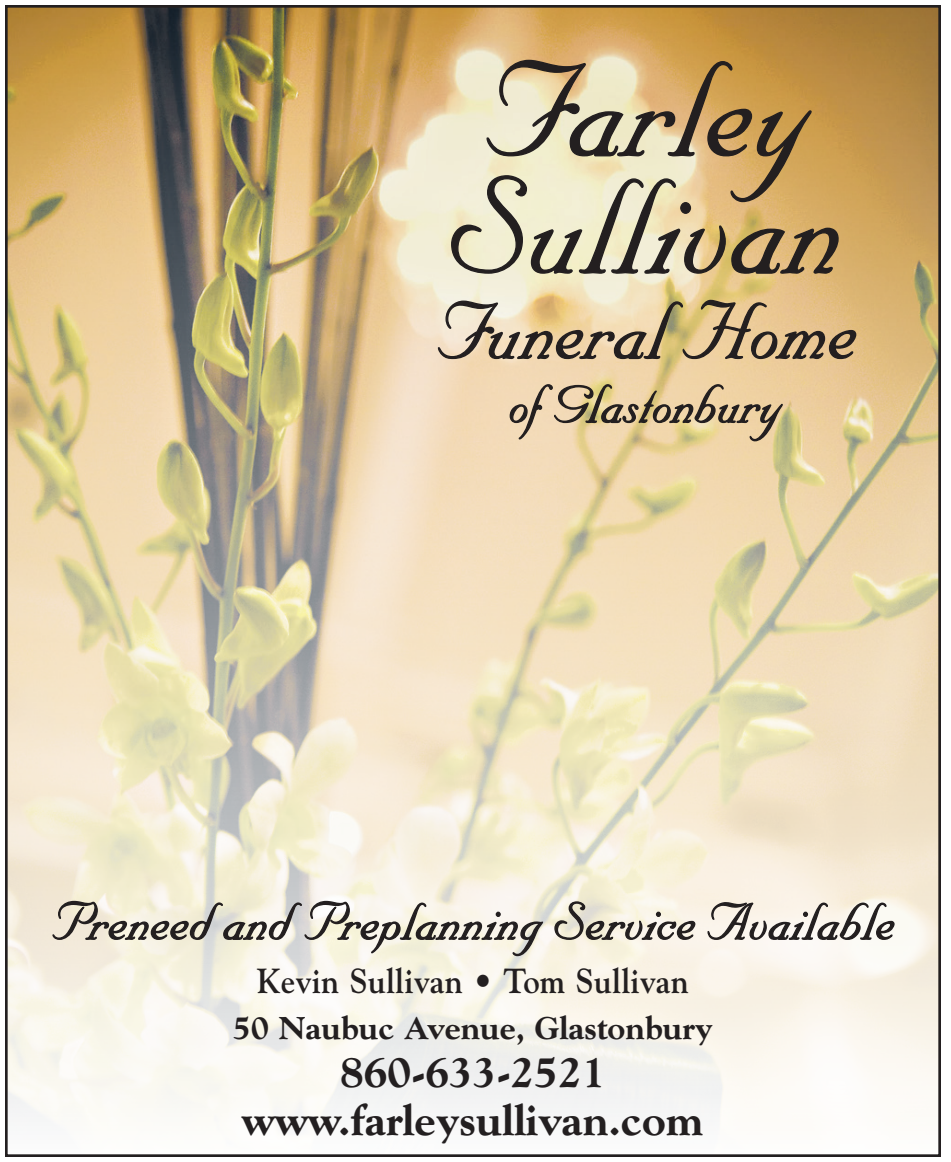
He described Yuskevich as "a true gentleman farmer, driving his tractor by the store, always with a smile on his face, a tip of his hat and a hearty wave."

Witzke recalled a day when he mentioned to Ellice that he wanted to put lighted grape vines in his shop windows. "She said 'let me work on that for you,'" he said. "A few days later she came down with three handmade grapevine garlands for me. So when they approached me about going all in with their wine production, my first thought was 'they're going to do it and do it right.' It was a long and arduous process putting all this together to make their wines available to the public, but they were determined to see it through. I had had some experience with their wine-making in the past and even shared some bottles with customers and the response was incredibly positive."

Witzke said Yuskevich and Ellice share a passion and a vision.

"It is something they take very seriously," he said. "They have put their heart and soul into the Preli farm and now have an opportunity to share a little bit of that with the folks of Glastonbury and beyond. Each wine is something their family had made in the past and even the labels harken back to a little bit of that history. John and Jeanne have done impromptu tastings at my store and always to a packed house. Folks can see and hear the love they have for the winery and feel comfortable knowing it will show in their wines." **GL**

*The Joseph Preli Farm farmstand, 235 Hopewell Rd., South Glastonbury is open Monday-Wednesday from 3 p.m. to 6 p.m. Saturday and Sunday from 8 a.m. to 6 p.m. The winery is open for tastings Friday, Saturday and Sunday from noon to 6 p.m. To learn more, visit josephprelifarm.com.*



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| Su | Mo | Tu | We | Th | Fr | Sa |
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| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | |

**6** **Town plan and zoning commission**, 7 p.m., town hall council chambers, 2155 Main St. glastonbury-ct.gov.

**7** **Pooch pageant for kids and their dogs,** 6 p.m., Hubbard Green. 860-652-7679 or recreation@glastonbury-ct.gov.

**Book club discussion**, 7 p.m., Welles-Turner Memorial Library, 2407 Main St. Books are "Eligible" by Curtis Sittenfeld and "Pride and Prejudice" by Jane Austen. No registration necessary. 860-652-7720 or wtmlib.com

**9** **Harvest Dinner under the Stars** to benefit the Connecticut Audubon Society Center at Glastonbury, 5 p.m., Rose's Berry Farm, 295 Matson Hill Rd., South Glastonbury. $150. 860-633-8402.

**10** **Fall book sale** sponsored by the Friends of the Welles-Turner Memorial Library, 8 a.m. to 5 p.m., library front lawn, 2407 Main St. In case of rain, sale will take place in the enclosed parking deck of TD Bank. Details or to volunteer, call 860-652-7728 or email booksale@friendswtmlib.org.

**54th On the Green art and craft show** sponsored by Glastonbury Arts, 10 a.m. to 5 p.m., Hubbard Green. Rain or shine.

**11** **54th On the Green art and craft show** sponsored by Glastonbury Arts, 10 a.m. to 5 p.m., Hubbard Green. Rain or shine.

**12** **Board of education,** 7:30 p.m., town hall council chambers, 2155 Main St. 860-652-7961 or glastonburyus.org.

**13** **Town council,** 7 p.m., town hall council chambers, 2155 Main St. 860-652-7710 or glastonbury-ct.gov.

**ArtScapades presents American Vistas:** From the Hudson River to Uncharted Territories, 7 p.m., Welles-Turner Memorial Library. Registration required. 860-652-7720 or wtmlib.com.

**17** **Pig roast,** 5:30 p.m., Killam & Bassette Farmstead, 14 Tryon St. Tickets cost $75 and are available online at kbfarmstead.com or at the farmstand. 860-833-0095

**18** **"Composers of the Great American Songbook"** with musicians Jim Scianna, Maria Tiscia and David Oliver, 2 p.m., Welles-Turner Memorial Library, 2407 Main St. Registration required. 860-652-7720 or wtmlib.com.

**Annual Farm Day celebration,** 1 to 5 p.m., Welles-Shipman-Ward House, 972 Main St. No charge. 860-633-6890 or hsgct.org.

**20** **Town plan and zoning commission,** 7 p.m., town hall council chambers, 2155 Main St. glastonbury-ct.gov.

**"What is the cloud?"** 3 p.m., Riverfront Community Center. Part of the Welles-Turner Memorial Library's "Keep up with your Grandkids" series. Reservations are required. 860-652-7720 or visiting wtmlib.com.

**21** **"Back to School with Shakespeare,** a lecture on Shakespeare's sonnets," 6:30 p.m., Welles-Turner Memorial Library friend's room. Reservations are required. 860-652-7720 or visiting wtmlib.com.

**24** **Hazardous Waste Collection**, 8 a.m. to 1 p.m., 321 Olcott St., Manchester.

**Genealogy group** sponsored by the Welsh Society of Western New England, 10 a.m. to 5 p.m. Reserve a spot by emailing WelshWNE@gmail.com.

**25** **Singer/guitarist Enzo Boscarino in concert**, 2 p.m., Welles-Turner Memorial Library, 2407 Main St. Registration required. 860-652-7720 or wtmlib.com.

**26** **Board of education,** 7:30 p.m., town hall council chambers, 2155 Main St. 860-652-7961 or glastonburyus.org.

**27** **Town council**, 7 p.m., town hall council chambers, 2155 Main St. 860-652-7710 or glastonbury-ct.gov.

**Coloring Club,** 6:30 to 8 p.m., Friends Room, Welles-Turner Memorial Library, 2407 Main St. Registration required. 860-652-7720 or wtmlib.com

**28** **Mozart and Mendelssohn,** 6:30 p.m., Welles-Turner Memorial Library, 2407 Main St. Registration required. 860-652-7720 or wtmlib.com

**30** **Tag sale** sponsored by the Historical Society of Glastonbury, 8 a.m. to 2 p.m., Welles-Shipman-Ward House, 972 Main St. $10 for early birds at 7 a.m., no charge for others. 860-633-6890 or hsgct.org.

**Irish film festival** featuring The Irish Rebellion, 7 p.m., Irish American Home, Commerce Street. $25 general admission, $50 for VIP tickets. Irishamericanhome.com. GL

Courtesy photo

Glastonbury Apple Harvest Festival

# News Roundup

## Festival entertainment set

The CT River Valley Chamber of Commerce has announced participants in its line-up of area musicians and original music for the 42nd Glastonbury Apple Harvest Festival.

Entertainment for Friday night includes Chaser Eight, Johnny Mainstream, Old Royals, and Screamin' Eagle Band.

Saturday's line-up includes Andy Wakeman, Arms & Voices, Becky Kessler, Blake Bassett, Canyon, Catalina Gonzalez, Frank Critelli, Gracie Day, Krizta Moon, Meredith Rose, Paul Belbusti, Podunk Throwbacks, Post-Modern Panic, Riley Pinkerton, Robert Fullerton, Sarah Golley, The CarLeans, The Foresters, and The Right-Offs.

The schedule for Sunday features Bop Tweedie, Eric Lichter, Jake Kulak, No Line North, Plywood Cowboy, Red No. 5, and The Sawtelles.

A complete schedule of performers will be posted at the Apple Harvest Festival Facebook page at facebook.com/GlastonburyAppleHarvestFest. For more information on the festival or any of the confirmed musical acts contact the chamber's marketing and communications manager, Tina Lorentzen, at tina@crvchamber.org.

The festival, which typically draws more than 17,000 visitors, will take place October 14 through 16 at Riverfront Park and include amusement rides, fireworks, food, a beer and wine garden and a more than 100 vendor booths.

## Call for nature lovers

The Connecticut Audubon Society will sponsor its Master Naturalist Certificate Program in the fall. The 10-session, 40-hour series trains volunteers to help with nature and science classes, lead hikes, help with various projects and fundraisers, and conduct programs.

The training program costs $250 for society members and $300 for non-members and includes a one-year membership. Anyone who is interested may call Cindy Bartholomew at 860-633-8402 or email her at cbartholomew@ctaudubon.org.

## Student artists

As is the custom, students at all of the town's schools have contributed artwork for the district's 2016-2017 calendar.

While school administrators and staff members are using electronic files rather than printed documents wherever possible, the calendar is still printed on glossy paper. In addition to monthly pages, the calendar includes phone numbers for administrators, curriculum directors, board of education members and schools, along with dates for board meetings and schedules for high school sports teams' fall and winter seasons.

Student artists are as follows: cover, Brooke Milikowski, Gideon Welles; August, Christina Serdechny, Glastonbury High School; September, Morgan Ryder Harris, Nayaug School; October, Isaac Shen, Eastbury; November, Megan Whittles, Smith Middle School; December, Sofia Brummitt, Nayaug School; January, Luca Gaggion, Hopewell School; February, Farrah Blancato, Buttonball Lane School; March, Claire Culliton, Smith Middle School; April, Celia Caruso, Hebron Avenue School; May, Jayna Mikolaitis, Glastonbury High School; June, Joseph Hilliker, Naubuc School; and July, Kendall Galonska, Hopewell School. Drew Lombardi, a kindergarten student at Eastbury School contributed a drawing for one of the information pages. The student artists will be recognized at board of education meeting in January.

## Poet laureate office hours

Sandy Sergio, the town's poet laureate, will be available at Panera Bread on Main Street September 15 from 3 to 4:30 p.m. and September 22 from 7 to 8:30 p.m. Anyone who would like comments on poems they have written are welcome to stop by at her table for some one-on-one poetry talk. People who want to talk about other aspects of poetry, including possibilities for promoting poetry in town, also are encouraged to stop. Panera Bread is at 2450 Main St.

## Yoga classes offered

Saint Francis Hospital and Medical Center is sponsoring three series of yoga classes at its facility at 31 Sycamore Commons with instructor Neena Gupta.

Yoga sun salutations for fitness will take place on Sundays from 10 to 11 a.m. starting September 11. Yoga for back care will take place from 5:30 to 6:30 p.m. and yoga for relaxation and insomnia will take place from 7 to 8 p.m. on Mondays for six weeks starting September 12. There is a fee of $60 for each six-week series, or $12 per individual class on a drop-in basis. To learn more, call the hospital's Integrative Medicine department at 860-714-4450. **GL**

# LIFE *in the kitchen with chef Jeff Gantkin*

**by Nancy Thompson**
*Editor*

Jeff Gantkin traces his love of cooking to a part-time job when he was a teenager. But it was an internship a few years later that put him on a course that led him to be the executive chef at the local First & Last Tavern.

He said his father was in the Air Force, part of the nation's Strategic Air Command. The family moved around a lot until he was in fifth grade, when they settled in Hartland, a small town in the northwest corner of Hartford County.

When he was 16 he started a part-time job in what was then the Village Bakery, now the Harvest Café, in Simsbury. He started working at the counter, but eventually learned how to bake breads, pastries, cakes and doughnuts and how to decorate special-occasion cakes.

He enrolled in a culinary arts program at Manchester Community college and signed up for an internship at Apricots in Farmington. He never returned to college and at the restaurant for more than a decade.

While at Apricots Gantkin met Joe Trauma, a chef who became his mentor, introducing him to new ingredients and techniques. "He made me the chef I am today," Gantkin said.

He started working as a salad chef, then moved to the grill before becoming the lunch sous-chef and then the evening sous-chef.

When the head chef went on vacation, returned and gave one week's notice, Gantkin was asked to fill in for him.

"They gave me a shot at the chef's job, and it kind of went on from there," he said, adding that he was the restaurant's head chef for nine years.

He left to work at a friend's pub but found that he missed the challenge of more complex restaurant work and started looking for a new position.

He learned that Russell, Richard and Curtis Nemarich were looking for a chef for their new First & Last Tavern in Plainville, applied, and got the job.

From there, he moved to the Nemarich brothers' First & Last Tavern in Avon, where he was the executive chef and to the local First & Last when it opened last November.

While the restaurant's "original menu" reflects the traditional fare established by the First & Last Tavern in Hartford and is fixed, Gantkin said he enjoys creating nightly specials and changing the rest of the menu seasonally.

Despite the long hours, he loves being in the kitchen. "It's what I've always done," he said. "I decided when I was about 18 that it was what I wanted to do." **GL**

*First & Last Tavern is at 21 Rankin Rd, Glastonbury. The phone is 860-430-5999, and the website is glastonbury.firstandlasttavern.com.*

## 7 questions for Chef Jeff Gantkin

**1. What's your "secret weapon" ingredient?** Butter in the restaurant, sazon at home.

**2. What's your least favorite food?** Beets.

**3. What is the one cooking technique everyone should know how to do?** Grilling on a charcoal grill

**4. What is your favorite cookbook of all time?** The Gotham Bar and Grill Cookbook.

**5. If you weren't a chef, what profession would you be?** A movie critic

**6. What's your "go to" staple/recipe/dish?** Chicken enchiladas.

**7. It's your last meal on earth. What's on your plate?** Dim sum from the China Pearl Boston's Chinatown.


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# Up and running

## Groups offer training, support and competitions for all ages

by Alicia B. Smith and Nancy Thompson

Courtesy photo

Young members of Girls in Stride train at Riverfront Park.

Runner and author John Bingham has said of himself, "The miracle isn't that I finished, it's that I had the courage to start."

Just about everyone can run. It appears to be a simple matter of getting up and moving your legs as fast as you can, but there's a lot of mental toughness involved, especially considering that running can be a solitary endeavor. Sometimes it helps to bring along a friend.

Running enthusiasts throughout Greater Hartford have being producing small miracles of their own by introducing the sport to others and helping them take that first daunting strides. Groups for children and adults are popping up and finding their membership growing.

Locally, Girls in Stride and the Glastonbury River Runners are no exception.

Lisa Pillow, a runner from West Hartford, founded Girls in Stride with Glenn Marcella in 2010 and recently expanded the group to Glastonbury, where local runners Wanda Hodsen and Abbie Bushley train girls age 6 to 14 to run a 5K. In the spring, some of the girls ran the Celebrate! West Hartford 5K, and participants in the fall session will run a race next winter.

Hodsen, who ran her first marathon in


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2012 and has completed more than 20 marathons since, said she hopes to introduce younger people to a sport that has benefitted her. "It is such a pleasure and privilege to teach these girls, ages 6 to 11, how to run," she said.

One of her favorite activities is having runners introduce themselves to someone they might not now.

"We teach them to get to know one another and how running can be a great social sport," Hodsen said. "For me, it's just a way to connect with friends. I did a two-mile run on my own and it's just not the same. I like to run with people. It's a pleasure to share that with these girls."

Bushley, who has run marathons, half marathons and relays, praised the program.

"It's a program that emphasizes strength, character and good sportsmanship," she said of Girls in Stride. "I think that is something that gets carried over to what they do in school or in any other sport. It's a great place for girls to come together and support each other and have fun."

When the Glastonbury girls participated in West Hartford's Celebrate! 5K, the girls realized they were part of a larger group, Bushley said.

"They all wore their T-shirts. You could see them throughout the entire race," she said.

When the Glastonbury Girls in Stride train, it's possible they may come across members of the Glastonbury River Runners, a running group for adults that also encourages children to run.

Its president, Rosemary Hokanson, was a runner in high school who stopped running when her life got busy with work and family.

"Once an avid runner, it was nice to have a program that I could join that allowed me to get back into a running routine. I joined the Coach to 5K program in fall of 2012 to run my first 5K in November of that year. Since then, I have lost weight, ran several 5K, 10K and half marathons. The support and camaraderie of the Glastonbury River Runners makes the difference in my training," she said, citing the group's new tagline, "Running is Better Together."

The Glastonbury River Runners, which has 250 members and hosts a 5K and two-mile road races throughout the year, was established in 2008 by Richard Baber and a small group of runners who enjoyed running together for training and fun.

Hokanson said the group felt if they enjoyed it so much that they would start a club where runners of all abilities could run for health, camaraderie and competition. They chose the name Glastonbury River Runners and set up a non-profit organization with the guidance of Road Runners Club of America.

Art Byram, regional chairperson of the national runners' club, helped the local group apply for, and receive, the designation of "Runner-Friendly Community" for the town in 2011. Hokanson said the group will be applying for an extension of that status this fall when the five-year designation expires.

Glastonbury River Runners partners with Fleet Feet, a West Hartford runners' shop, to offer a Zoomerang group for children up to age 12 that meets on Sundays.

"We believe our mission is to promote running for persons of all ages and abilities, for health, for camaraderie and obviously for competition," Hokanson said. "I think running in a group really provides the support and encouragement when training for events and for fun."

Typically, the group will organize a run and members meet up at a certain time. Often after their runs they will enjoy each other's company over coffee.

Courtesy photo
Glastonbury River Runners and friends hit the road at a race at Riverfront Park this spring.

Runners are enthusiastic about the group for a variety of reasons.

"Honestly, running is rarely easy," said Michael J. Keenan, the group's treasurer and one of its founding members. "It's clinical masochism. Us runners love what running does for us, mentally, physically, and spiritually, but achieving those benefits through running can be challenging, and racing is downright torturous. Especially when you run alone. But they say misery loves company, and that's why good running clubs, like the Glastonbury River Runners, can be so valuable to runners who would otherwise have to trek around town alone. In fact, running with like-minded, positive, and often entertaining fellow runners transforms the torture into an activity that you genuinely look forward to. The camaraderie helps take your mind off the exhaustion and discomfort. You push each other and share life stories during workouts. And then you all pull together a few times a year to put on road races for the regional running community to enjoy. Runners are a unique breed, so when you find a dynamic local running club it can be quite a treasure."

**"We believe our mission is to promote running for persons of all ages and abilities, for health, for camaraderie and obviously for competition."**
**–Rosemary Hokanson, president of Glastonbury River Runners**

The group has helped Deb Meincke, who joined the beginners group four years ago as a 56-year-old non-runner, achieve a goal and make friends.

"It was never easy, but I always felt that reaching my goals was possible because of the support and encouragement I received from the more experienced runners who were willing to share their love of running with me, along with basic, practical advice," she said. "There have been many bumps in the road, but there was always someone who had been there before to offer wise counsel or just to listen as I continued challenging myself. I continue to run with our beginners group, now called 'Get Fit to 5K', to help others find the satisfaction of a goal achieved and the fun of running with new friends."

Ed Ureta also joined as a beginner and has lost 25 pounds and competed in several races.

"Running became a positive outcome in my life," he said. "I love the camaraderie, support, and close friendships as a coach, runner and board member."

Kevin Savage has been part of the group for two years and is training for his first marathon.

"I joined Glastonbury River Runners two years ago not knowing anyone in the club," he said. "I was looking for camaraderie and a training group in preparation for my first half marathon. I was welcomed from the day I joined members for a Saturday morning run and felt supported every step along the way. Being part of this group has enabled me to reach new levels in competition as well. In fact, I've since done nine half marathons and am now training for my first marathon this October in Hartford," said Kevin Savage

While runners make up the core group, they will not turn away those who want to get out and move, and would rather walk.

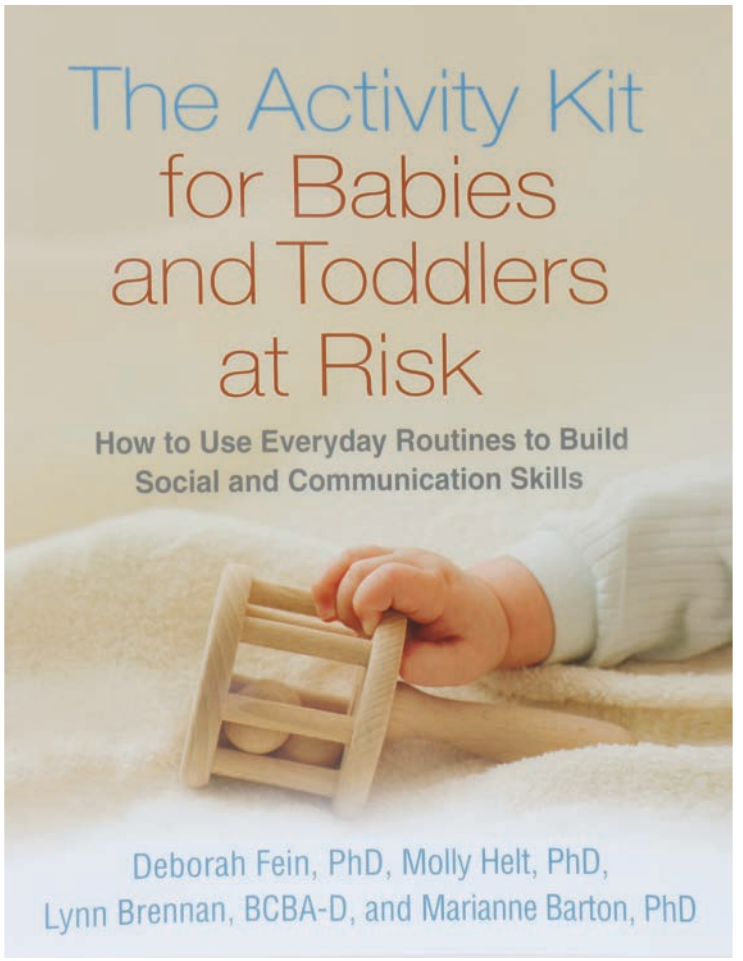
"We also offer a walking program for those who want to focus on health," Hokanson said.

Members set their own personal goals, but Hokanson said the group as a whole works to be a part of the community, with membership in the local chamber of commerce, as hosts of a health fair, and with proceeds from their road races going back to nonprofit organizations in town.

Running with a group is a great motivator and a way to stay accountable.

As Hodsen said, "The great thing about running [is] you might start thinking it's not for you. It can be hard sometimes. The hardest thing is getting out the door. Once you are out there you never feel sorry." GL

"The Activity Kit for Babies and Toddlers at Risk: How to Use Everyday Routines to Build Social and Communication Skills" helps parents use ordinary activities to help their children.


The Activity Kit for Babies and Toddlers at Risk
How to Use Everyday Routines to Build Social and Communication Skills
Deborah Fein, PhD, Molly Helt, PhD, Lynn Brennan, BCBA-D, and Marianne Barton, PhD

Courtesy photos

# Early intervention for autism

## Local woman's book offers ways to incorporate lessons into everyday activities

**by Mara Dresner**
*Staff Writer*

Molly Helt's new book designed to make intervention treatment earlier than ever for infants at risk of developing autism spectrum disorders. "The Activity Kit for Babies and Toddlers at Risk: How to Use Everyday Routines to Build Social and Communication Skills" shows families in easy-to-understand terms how to support their child's development by incorporating scientific principles into their day-to-day lives, even before receiving an official diagnosis.

Helt, a mother of three and assistant professor of psychology and neuroscience at Trinity College, and her co-authors researched typical development and treatment programs and adapted those concepts for families with young children who may be on the autism spectrum or at risk to use anytime and anywhere. The book's introduction says, in part, "From the moment your child wakes up to the time she goes to bed, you have many opportunities to build language, social skills, imitation, and pretend play. This book contains games to play while you dress your child, rhymes and songs to use during mealtimes and chores, ways to enrich development and learning during play and errands, and more."

Helt is the mother of a child with autism. She plans to test this program as part of her ongoing research at Trinity. She holds a dual doctorate in clinical psychology and developmental psychology and teaches developmental psychopathology, developmental neuroscience, clinical psychology and a senior seminar called "The Social Self" at Trinity College.

***Q. How did your interest in autism start?***

A. My interest in autism started 17 years ago when my oldest son was diagnosed with autism. I was told, as most parents of young children with autism are, that the ideal thing for my son would be to keep him socially engaged every waking moment, and to incorporate as much teaching as possible into our daily routines. In order to do this effectively, I needed to learn as much as possible about effective strategies for teaching people with autism. Once my son was older and didn't need me as much I pursued a PhD in clinical psychology focusing my studies on early typical and atypical brain development.

***Q. What sparked the idea for the book?***

A. The book shows families in easy-to-understand terms how to support their child's development by incorporating scientific principles into their day-to-day lives, potentially even before receiving a diagnosis. My experience with my own child was that in order to have a full rich life with him and maximize his engagement, it wasn't enough to rely

on the times we could set aside for teaching. I needed to find ways to incorporate teaching into bath time, dressing, feeding, grocery store trips, doing laundry, driving in the car, just plain playing, all of the real-life things we needed to get done. Once I became a clinician, I began to see children with autism, and the feedback I received from parents was that the recommendations around how to incorporate teaching into daily routines were some of the most helpful recommendations they were getting.

At the same time, my colleagues and I would often receive emails from families who suspected that their child had developmental delays but were unable to get an evaluation for six months, or families who had received a diagnosis but lived in a place where the services were minimal. They wanted to know what they could do immediately to support their child's development.

Due to long waits for evaluations and waiting lists for Birth to Three services, the average amount of time between when a parent living in the U.S. first suspects there is a problem with their child's development and when services begin is nine to 12 months. Because children's brain are most plastic when they are young, these earliest months coincide with the period in which the child has the most potential to learn. My colleagues and I realized that putting together a book that lays out the principles of teaching and how to incorporate them into daily routines could be really empowering for parents who know something is wrong but do not yet have any professional help.

In addition, when I had my second child in 2009, I knew he would have an elevated risk for developing autism. I looked for resources on parenting a developmentally at-risk child and could not find any. We cannot really reliably diagnose autism until between 15 and 18 months. I did not want to simply wait and see if he would receive a diagnosis. So I found myself putting together my own preventative program based on what we know about how infants learn social and language skills. This is how the section of the book for babies came about.

My second son is now seven years old and does not have any developmental issues. My daughter is nearly six weeks, and we will use the principles and activities in the book with her as well.

***Q. How is this book different from other books on autism?***

A. The book is unique in that it provides numerous games and activities that are fun and easy to incorporate into daily life and could benefit any child. Hopefully, it will make parents feel empowered to be an active part of their child's learning while having fun.

***Q. How does it tie into your work at Trinity?***

A. I'm pursuing multiple lines of autism research in my lab at Trinity but one theme I am exploring is how to improve intervention for the very, very young child. As we are able to diagnose autism younger and younger, as early as 15 months, and identify conditions and contexts that place a child at heightened developmental risk from birth – prematurity, being the younger sibling of a child with autism spectrum disorder, etc. – it is important to identify best treatment practices for these very young children, which I believe should include training for all family members.

We now know that, as a group, children who begin treatment before the age of two have the very best outcomes, with some even achieving what we call "optimal outcome," becoming indistinguishable from their peers before they reach adolescence. I was fortunate to conduct research with children with optimal outcomes with my mentor, Dr. Deborah Fein, while in graduate school at UConn.

***Q. Why is it important to diagnosis early?***

A. I think the misconceptions about development that delay diagnosis are the ones that do the most harm. Everyone has heard a story from a relative about a child who suddenly began speaking in sentences at age three, and those stories encourage parents to be patient rather than seeking a developmental evaluation when a child is speech-delayed. The truth is that language comprehension and expression develop gradually over the first few years of life and that a significant language delay is most likely the sign of a neurological problem. Similarly, all young children should want to be social and should express a range of emotions. When we find ourselves labeling a toddler as very serious, due to flat affect, or a loner, due to a preference for solitary play, there may be a problem.

***Q. What do you want parents to know?***

A. I want parents in general to know that as soon as you suspect anything different may be happening with your child's development to seek a professional opinion. The earlier a problem is intervened upon, the better the outcome.

For parents of children with autism, I want them to know that they are their children's most effective teachers. We are wired to learn from people we love and we know from research that children with autism will do things for their parents they won't do for other people, to feel empowered to be part of their child's intervention plan and [know] that doing so will be fun and manageable. Even though many of us have full-time jobs and other children, a lot of these activities are embedded in games that can be played during bathing, feeding, diapering, errands and housework, things we need to do anyway. Finally, I would like parents to know that although the range of outcomes for children with autism is vast, every child appears to be at least somewhat helped by intensive intervention at any age to be the best possible version of him- or herself. **GL**

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# Slice of LIFE

photos by Brian Ambrose

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## Summer concert series at the Riverfront Community Center

**Hundreds of people turn out every year for the summer concert series on the Riverfront Community Center lawn, including this one by Driftwood, a Beach Boys tribute band. 1. Russ and Pauline Parrish enjoy the concert with their son, Max. 2. Donna Goselin toasts her friends. 3. Beach Boys Tribute band Driftwood plays for a huge crowd. 4. Jimmy Carangelo and his date Kristen Wiedemann chill near a '56 Pontiac. 5. Billy Telech and his wife Margie get the beat. 6. Meg Seitz keeps Aspen hydrated. 7. Scott and Lisa Chandler enjoy the evening with Chloe and Sophia, their miniature Schnauzers. 8. Old friends Ed Gillespie and Bob Zimmerli run into each other at the concert after not seeing each other for years. 9. Lorna Goodwill, Lynette Bresnahan and Jane O'Donnell break out a few moves. 10. Jack and Kathy Morgan celebrate the beautiful summer and 42 years marriage. 11. Tim and Kim Tully are out of their seats. 12. Carolyn Gatsey volunteers at the concert. 13. Kathy Ciolkosz and George Dixon enjoy the evening. 14. Brian Gonci and Mirian Paege dance under the nighttime sky.**

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**Margaret Wilcox & Associates of William Raveis Real Estate** was named fourth in Connecticut for transactions sold in 2015 according to a recently issued ranking report produced by REAL Trends and sponsored by Zillow Group.

To qualify for inclusion, a real estate agent team must have completed 75 transaction sides or $30 million in closed sales volume.

"I am obviously pleased and honored to be ranked on this ranking of the country's top residential real estate agents," Wilcox said. "It represents the time and effort that we put into each client that we serve. The level of sales it takes to qualify makes it a truly special recognition."

Jen Thomas has joined the local **POP Weight Loss** office. Thomas holds two degrees in nutrition and is a certified personal trainer. She earned her bachelor's degree in nutrition communications from Arizona State University and her master's degree in human nutrition from the University of Bridgeport.

**GoodWorks Insurance**, a regional independent insurance company based in Glastonbury, has given the Granby Education Foundation a $2,500 grant. **GL**

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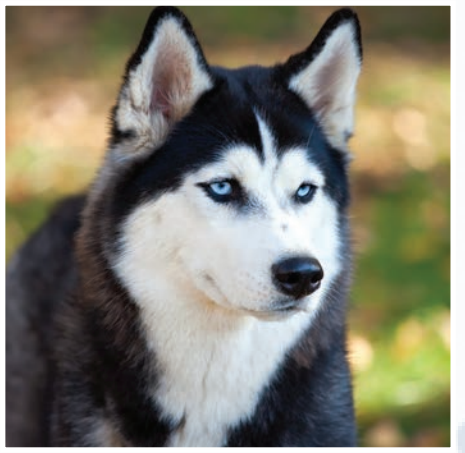


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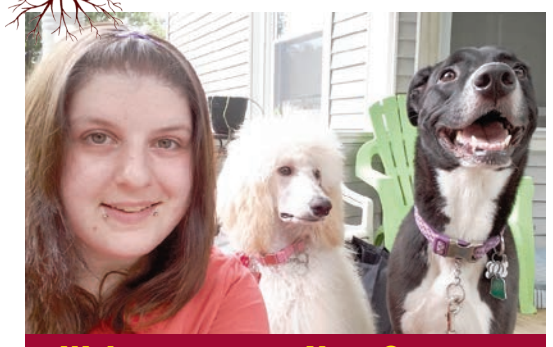

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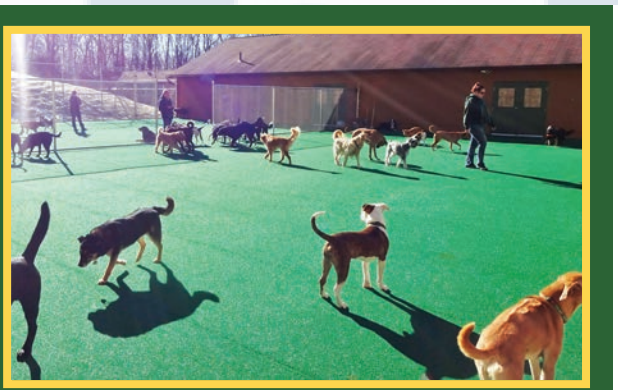

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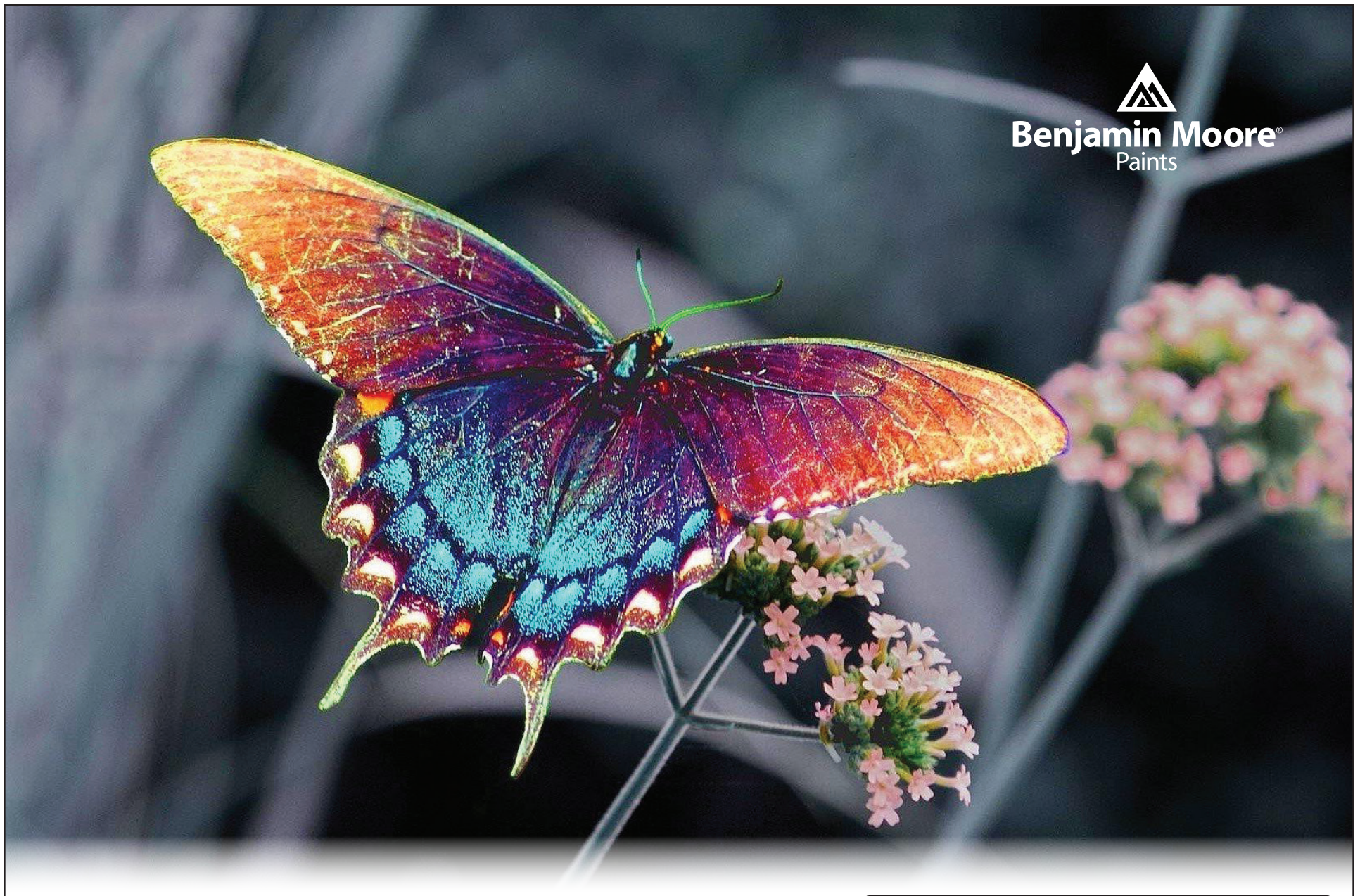


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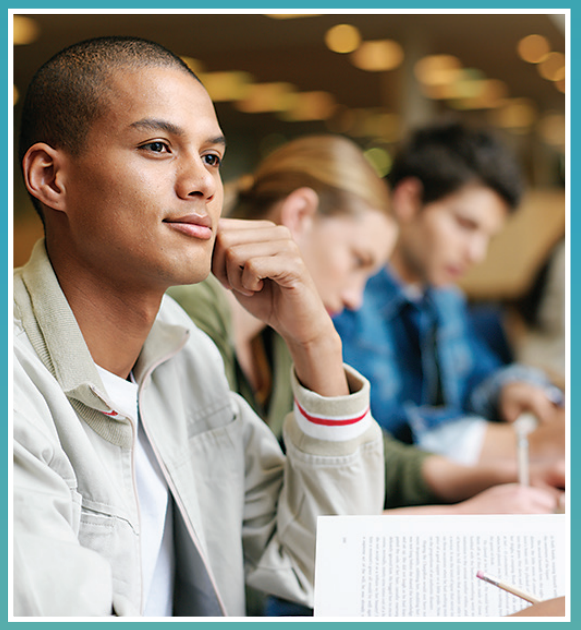

# SCHOOL

**September 2016**

Back to School

# Addicted to reading

## Fifth grade boys enjoy their book club

by Nancy Thompson
*Editor*

Nancy Thompson photo

Adult book clubs discuss topics such as the role of minor characters and why the author might have included them. But boys in fifth grade?

Fifth-graders Nate Lawrence, Jake Patenaud, Nathaniel Ferony and Hunter Durkee read between 200 and 300 pages a night.


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# Back to School

That's just one of the 15 questions Nate Lawrence, Jake Patenaud, Nathaniel Ferony and Hunter Durkee talk about every month.

The boys, friends and fifth-graders at Buttonball Lane School, formed a book club earlier this year and are reading entire series of 300- to 400-page novels. Hunter read the entire Harry Potter series in three weeks. Two described themselves as "addicted to reading."

The group started because Nathaniel's sister was in a book club and he decided he wanted to do be in one too.

The boys meet once a month and take choosing the book and hosting their gathering. Often, their mothers gather in another room to chat.

They use a printed list of 15 questions that include superficial topics such as what they enjoyed about the book and more complex questions such as what the author might have been trying to accomplish, what concerns the book raised for them, and why the setting is important to the book.

They offered slightly different reasons for enjoying the book club.

"I like to read and do it with my friends," Nathaniel said.

For Nate, reading is "something to do on boring days."

Jake said he likes to read new books that he hasn't read before.

And Hunter simply said that reading is his addiction.

The boys, who take turns choosing the month's reading, especially enjoy Rick Riordan's Percy Jackson series and Jarrett J. Krosoczka's Platypus Police Squad novels. Hunter's favorites are the Harry Potter books, while Jake likes to read about Percy Jackson's adventures. Nate's favorite is "Holes," by Louis Sachar, one of many Newberry Award winners they've read. Nathaniel likes Dan Greenburg's Claws, a book that often is recommended to students a few years older than he is.

When they're not reading, they enjoy typical fifth-grader activities, video games, football, baseball, playing with LEGOs and sleeping.

Their mothers and school professionals are thrilled with their "addiction."

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MANCHESTER COMMUNITY COLLEGE

# September Events

**Common Read Kickoff.** 9/6, 2:00 p.m., LRC, Library. Celebrate the Common Read for 2016/2017 with keynote speaker and MCC's very own, Lucy Hurston '93, as she presents the selection, "Their Eyes Were Watching God," written by her aunt, Zora Neale Hurston. This text, first published in 1937, explores themes of race, gender and power. Info: Rosalyn Wormack at 860-512-2618 or email rwormack@manchestercc.edu.

**Constitution Day: "The Constitution as the Roots of Criminal Procedure".** 9/15, 9:30 a.m., SBM Charitable Foundation Auditorium. Colonel Alaric J. Fox, a 22-year veteran of the Connecticut State Police and Deputy Commissioner of the Department of Emergency Services and Public Protection, will speak. Info: Angelo Messore at 860-512-2755 or email amessore@manchestercc.edu.

**Object Lessons: Opening Reception/Artist Talk.** 9/15, 6 p.m., Hans Weiss Newspace Gallery SBMCF Building. Featuring the work of Ed Hogan and Daniel Mosher Long, MCC arts faculty. The exhibition runs through October 17. Info: Susan Classen-Sullivan at 860-512-2693 or email sclassen-sullivan@manchestercc.edu.

**Constitution Day: "The Big Gamble – Article VI and the First Amendment".** 9/20, 11 a.m., GPA Community Commons. Richard Voigt, a partner in the law firm of McCarter and English, will speak. Info: Angelo Messore at 860-512-2755 or email amessore@manchestercc.edu.

**Constitution Day: "The U.S. Constitution and Civil Liberties".** 9/20, 12:30 p.m., GPA Community Commons. Dan Barrett, legal director for the American Civil Liberties Union of Connecticut, will speak. Info: Angelo Messore at 860-512-2755 or email amessore@manchestercc.edu.

**The Big Draw.** 9/22, 10 a.m., SBM Charitable Foundation Building, C-D Wings. The Big Draw is a four-hour drawing event open to anyone who loves to draw or who wants to try drawing – students, faculty, artists and everyone from the community. Large paper is put up and visitors are encouraged to draw anything they like. Materials provided. Info: Jane Rainwater at 860-331-7842 or email jrainwater@manchestercc.edu.

**Capital Campaign Launch: "Passport to MCC".** 9/23, 4 p.m., SBM Charitable Foundation Auditorium. Come "travel the world of MCC" and experience the diverse educational opportunities we offer as the MCC Foundation launches its first capital campaign. Hear from industry experts, experience cutting-edge educational technology and take an inside look at programs and learning tools that have an impact on you and your community. Pre-register at www.manchestercc.edu/passport.

**Part-Time Job Fair.** 9/27, 10 a.m., SBM Charitable Foundation Building Rotunda. Approximately 25 companies are expected, promoting a wide range of part-time positions offering flexible hours. Job seekers are encouraged to wear appropriate dress and have resumes handy! Info: Julie Greene at 860-512-3372 or email jgreene@manchestercc.edu.

**Effective Resume Writing.** 9/28, 12 p.m., SSC L107. Improve your visibility in the job market. This workshop will provide information on the skills and strategies needed to develop a resume that gets positive response from employers. Info: Julie Greene at 860-512-3372 or email jgreene@manchestercc.edu.

**Health Careers Admission Information Sessions:** Students interested in being admitted into a Health Careers credit program must attend a mandatory information session before applying. Info: Theresa Blake at 860-512-2704 oremail tblake@manchestercc.edu.

**Health & Exercise Science.** 9/28, 2 p.m., GPA Community Commons
**Dental Assistant.** 9/28, 3 p.m., GPA Community Commons
**Therapeutic Recreation.** 9/28, 4 p.m., LRC A142
**Occupational Therapy Assistant.** 9/28, 4 p.m., GPA Community Commons
**Radiologic Science.** 9/28, 5 p.m., GPA Community Commons
**Respiratory Care.** 9/28, 6 p.m., GPA Community Commons

*All events are free and open to the public, unless otherwise noted, and are subject to change without notice. For current information or notices of cancellation, click on "View All Events" on MCC's web site: www.manchestercc.edu.*

*9/2016*

## Back to School

**It's nice to see them all together in an activity that isn't sports related or video games."**

**–Betsy Reed**

Courtesy photo

"It has expanded his love of reading and also forced him to step outside of his comfort zone. Initially he wasn't sure if he wanted to participate, because he likes to choose the books that he reads. However, spending time with his buddies was worth it to try new something new," said Becky Durkee, Hunter's mother. "He loves all the new books and series that he has read, and I am thrilled that he stuck with it. This is a great group of boys and a great group of moms, and it gives the boys a chance to strengthen both their reading muscles and their friendships."

Lisa Maguire, Jake's mother, said she's impressed with the way the boys have expanded their comprehension ability and the way they talk about the books and then explain and defend their positions to each other.

"Outside of the book club, the question they normally answer from friends is 'Did you like the book?' Sometimes they would explain why, but the book club has brought out a different level of reasoning," she said. "They talk about character development, pivotal events that change the storyline and personal choices the characters make. They explore how they may have changed the ending. I have also been astounded by all the boys' ability to recall details of a book they read a couple months ago, and have a cohesive discussion. You never hear 'I don't remember.'" In fact the opposite – they argue or correct each other if one gets a detail wrong. They respect each other's opinions, they don't tease each other about how they feel, they joke and laugh and listen and think and talk. For my son Jake, who has always been a strong reader, the book club has pushed him to think about what he is reading and his own personal reactions, not just race to finish the book. I believe that makes him read more thoughtfully and gain (personal) insights he may not have."

Christine Ferony, Nathaniel's mother, said her son used to set a timer, read 20 minutes each day, and stop as soon as the timer went off.

"Now, being a part of the book club he is more engaged and has friends to talk about his books to. In the fall he was reading 100 to 200 pages a night. It got to the point that I had to tell him to turn off the lights. His teacher, Mrs. Cairns, always saw a noticeable improvement in his reading compression a few months after the club had started.

Betsy Reed, Nate's mother, also received positive reinforcement from his teacher last year.

"Nate's fourth-grade teacher stated that Nate's writing throughout the year had blossomed. I believe the books chosen by the book club increased his desire to read and helped expand his creative writing skills. After reading the Rick Riordan book Percy Jackson, Nate continued with the series and read each and every one," she said. "I love seeing how the boys have bonded over the books they have read. It's nice to see them all together in an activity that isn't sports related or video games."

Buttonball Lane School Principal Kent Hurlburt described their participation in a book club as refreshing. "I am extremely proud of them," he said.

Joanne St. Peter, director of language arts and reading for the local school system, said the boys' book club reflects the district's goals and instructional techniques.

"This is a testament not only to the children, their families and their teachers, but to the reader's workshop model of reading instruction that students experience in school each day," she said. "As adult readers, we are often compelled to reach out to a friend or family member to talk about a book that we have read; our children are no different in this respect. The research tells us that when children are provided with opportunities to think and talk about books from the start, they develop the habit of reading early on and are readers for life. What could be better?"

And what about the boys' official summer reading list? "None of us reads them at all," Hunter said. "We read books that we deem to be good, not others." GL


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Windows at Gideon Welles School have been replaced over the past two summers. The caulking around the old windows contained polychlorinated biphenyls, or PCBs, which are toxic.

Nancy Thompson photo

# Changes ahead for the town's students

## New curriculum, expanded technology among highlights

**by Nancy Thompson**
*Editor*

It may not be obvious to the casual observer, but a lot of changes have been made over the summer recess.

Some deal with curriculum, some with technology, and others with the school buildings themselves. Some have gone more smoothly than others, and one proposed change is still up in the air.

School Superintendent Alan B. Bookman said faculty and staff members have made "massive" changes to the curriculum with a concentration on middle school for the coming year. He said the changing curriculum continues to reflect the Common Core standards and will increase the already-high level local students have achieved in national testing. "The students learn how to use their knowledge rather than just having the knowledge," he said.

Many of the changes have come about through the increased use of technology.

A year ago, as part of the school system's program to equip all students with computers, seventh-grade students were given iPads to use. This year, elementary school classrooms will have them as well.

Bookman said the program is being expanded to grades 3 through 6, where students will have an iPad for use in the classroom but not to take home. In addition, classes in kindergarten through Grade 3 will have access to iPads. He said Apple, which sees the local schools as a role model, offered a deal on the tablets for the lower grades and the board of education accepted it.

Since teachers vary in their ability and comfort level with technology, some will start using the iPads immediately, while others will be trained and start later in the school year, probably in

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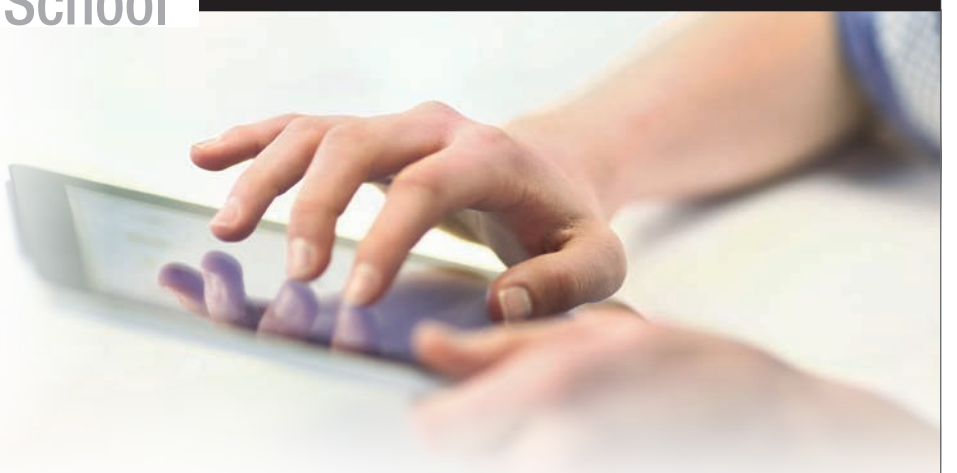
## Back to School



January. "The technology will be up to where we need it to be," he said.

Bookman said about 50 teachers are in the process of creating i-books for use on the tablets, a project that most likely will eliminate the use of textbooks within the next few years. "We haven't bought any textbooks for the past three years," he added. "We were buying $200,000 to $300,000 worth of text books each year."

**"About 50 teachers are in the process of creating i-books for use on the tablets, a project that most likely will eliminate the use of textbooks within the next few years."**

**–Alan B. Bookman**

That preference for digital, rather than paper, documents is growing. Bookman said teachers and staff are printing and copying fewer documents. "There's no reason to print anything," he said. "My feeling is, 'Don't put your money into all these things. Put your money into educating our students.'"

In addition to changes in curriculum and an increased use of technology are changes to the school buildings themselves.

Workers replacing old carpeting in some of the town's elementary schools discovered that some tiles, which were underneath the old carpeting and came loose when it was removed, contained tiny amounts of asbestos. That meant the project was slowed while workers performed the required abatement procedures. Asbestos, which was not considered hazardous when the tiles were installed some 30 years ago, was routinely added as insulation.

Another crew spent the summer removing and replacing windows at the Gideon Welles School because the caulking contained polychlorinated biphenyls, or PCBs. A third of the cost of the project will be reimbursed by the state.

"Nobody knew years ago," Bookman said of the toxic material, adding that workers even had to remove bricks from beneath the windows because the chemical leached out of the caulk onto the bricks below.

Despite the many changes throughout the town's schools, those that are not air-conditioned – Gideon Welles and Buttonball, Eastbury, Hopewell and Naubuc elementary schools – will continue without climate control, at least for this year. School and town officials are continuing to look into the possibility of installing air conditioning in all but Eastbury, which may be closed in 2018 if enrollment continues to decline.

Earlier this summer, town council members voted against bringing the issue to a referendum in November, although Bookman said he hopes voters will have a chance to vote on the $19.5 million project, possibly next spring. **GL**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# Tips for transitioning to middle school

A child's school-aged years are filled with many different lessons and experiences. While in school, kids have the opportunity to broaden their horizons and meet new people.

Many students will attend various schools before moving on to college, and therefore they must learn how to adjust to new schools. While many students attend elementary school together for years, students may not know their classmates once they make it to middle school, which tends to boast larger student bodies than elementary schools. That's because many middle schools' student bodies are a combination of several elementary schools. Making the transition from elementary school to middle school or junior high can spark anxiety in students, but that does not have to be the case.

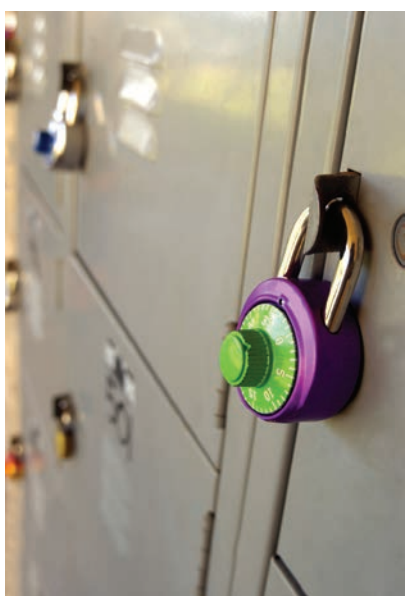
The National Education Association says a common element of a successful middle school experience is a smooth and positive transition from elementary school. The following are a few ways students can handle their transition to middle school.

• Participate in a school-based transition program. Middle schools frequently host open houses for elementary school students, who can take tours of the campus. Parents can take part in these events with their children. If your schedule does not allow you to attend, then schedule a private tour with the middle school principal or a faculty member. Middle school guidance counselors or guest speakers also may make the rounds, visiting elementary schools directly. Be sure your student attends such information sessions so he or she can get an idea of what to expect during middle school.

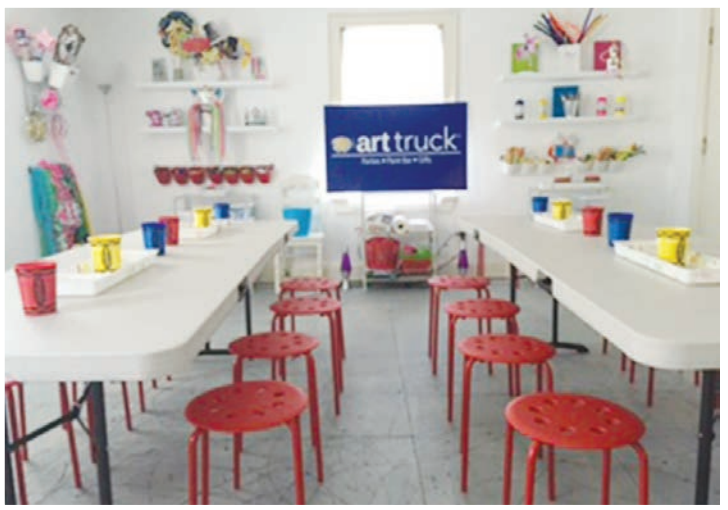
• Dispel any myths your youngster might have heard about middle school. Youngsters hear lots of things about middle schools, and much of what kids hear might be untrue. Ask kids what they have heard about the schools they will be moving on to, and then do your best to dispel any myths.

• Find a middle school buddy. Ask an older sibling or invite someone who is currently enrolled in the school to speak with your child and answer any questions he or she may have. Hearing directly from a fellow student may make your child feel more comfortable about what to expect.

• Talk about any other fears. Engage in an open dialogue with your son or daughter about any additional fears he or she may have. If students are worried about academics, spend some time over the summer going over the curriculum. If the potential for peer pressure is a cause for concern, reinforce advice on how to react to peer pressure.



Parents and their children can take several steps to make students' transitions to middle school as smooth as possible. **GL**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Back to School

# Getting a back-to-school boost

## Tips, tricks and trends for shopping

**by Alison Jalbert**
*Assistant Editor*

The end of carefree summer days can be a bummer, but going back to school can be an exciting time, especially if students have some new clothes to boost their confidence.

Amanda Sirica, spokesperson for Westfarms mall, said back-to-school sales and promotions are in full swing as summer ends, but many of them will last beyond the first day of school.

"This is the second biggest selling season for retailers," she said, second only to the Christmas season. "There's still a considerable amount of back-to-school shopping after school starts."

The number one item on most students' list, regardless of age, is a new backpack. After the previous year's daily use, Sirica said kids want a new backpack. Elementary school students are drawn to bright colors and designs, which brands like Jansport offer. For a sportier look, many students opt for backpacks from the North Face, which offer mesh side pockets, bungee cords on the outside and a waterproof lining. Vera Bradley backpacks boast a variety of colorful, patterned options.

Sirica said there will be a lot of personality on students' feet this fall, as sneakers are getting a makeover.

"Vans, Converse and Nike are doing things with geometric patterns, floral and animal print," she said, with high-top versions popular this year. "White Converse Chuck Taylors are popular."

Denim is a staple in back-to-school wardrobes, and skinny jeans and "jeggings" are a return trend for girls. Boys gravitate towards relaxed fit and bootcut jeans.

"Something new this year is you'll see more of the distressed denim, but you're also going to see some fresh, frayed hemlines that are going to be new to the denim scene for kids," Sirica said.

Since back-to-school shopping is all about comfort and practicality, she said she's seeing a lot of activewear on students' wish lists. It's been a staple in boys' closets for a long time, but it's becoming popular with girls, too, with brands like Adidas, Puma, Nike and Under Armour.

"It can take them from the hallway to after-school sports practice," she said.

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# Back to School

For girls, printed leggings are on trend this season, which Sirica said are the "ultimate piece" for a mix-and-match wardrobe of girls of all ages. For boys, it's all about layering.

"They really like to wear the embellished short sleeve graphic tees," she said. "It's a go-to, paired with their favorite jeans and a button-down shirt, whether it's a printed plaid or a real classic button-down polo shirt."

High low hemlines on tops are a continuing trend for girls, and varsity sweaters are a new trend for boys. Button-down dress shirts in denim, chambray or plaid are popular for girls, which Sirica said are perfect to pair with knee-high boots or leggings as the weather cools down. Ankle booties or Converse are also options.

"We're seeing a lot of boho-inspired peasant tops. They're fun and flirty for girls' wardrobes. They're very feminine with embroidery and lace appliques," she said. "For boys, the classic golf polo shirt in vibrant colors [is popular]."

Sirica said back-to-school shopping is "an excellent time" to take advantage of discounts and replace worn-out basics like socks, underwear and T-shirts.

"The sales and promotions are plentiful. Take advantage of those," she said.

Fall can be a tricky season to shop for, with cool mornings at the bus stop and warm afternoons at recess. While many retailers are already stocked with warmer wear, Sirica said layering is key for fall.

"Kids can shed layers in the classroom or at recess. It's better to be prepared than not," she said.

The key to successful back-to-school shopping is taking advantage of timing and tools to stay within budget, she said. Make a list of what each child needs, and start with the basics – denim, sneakers and a new backpack. Designate the stores to visit ahead of time, making the trip more efficient.

"Back-to-school shopping for some parents can be a daunting task, so it does make it easier to see what's on sale before you shop, have a plan and get in and out quick. Set expectations with a budget and goals," she suggested.

Before even making a list, Sirica said it's smart to take stock of what's in a child's wardrobe.

"Start by taking inventory of what you already have. If there's not a recent growth spurt, you're in luck. If you ask parents, they will do that – take the time to clean out the closet, see what fits and what we need," she said.

It's not necessary to buy a completely new wardrobe; Sirica said adding in key new pieces to spruce up existing clothing is enough to give kids the boost they need going back to school.

"Back-to-school clothes make kids feel good. They make them feel ready to take on a new year with new goals in the classroom," she said.

Although most people associate back-to-school shopping with clothes, Sirica said this is a perfect time to take advantage of the sales and promotions at technology retailers. Smartphones, tablets and laptops are all popular purchases this time of year, and not just for students. Parents can benefit from these sales, too. **VL**

**"Back-to-school clothes make kids feel good. They make them feel ready to take on a new year with new goals in the classroom."**

**–Amanda Sirica, a spokesperson for for Westfarms**

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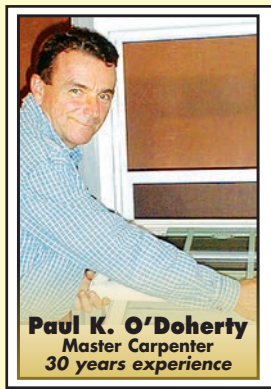

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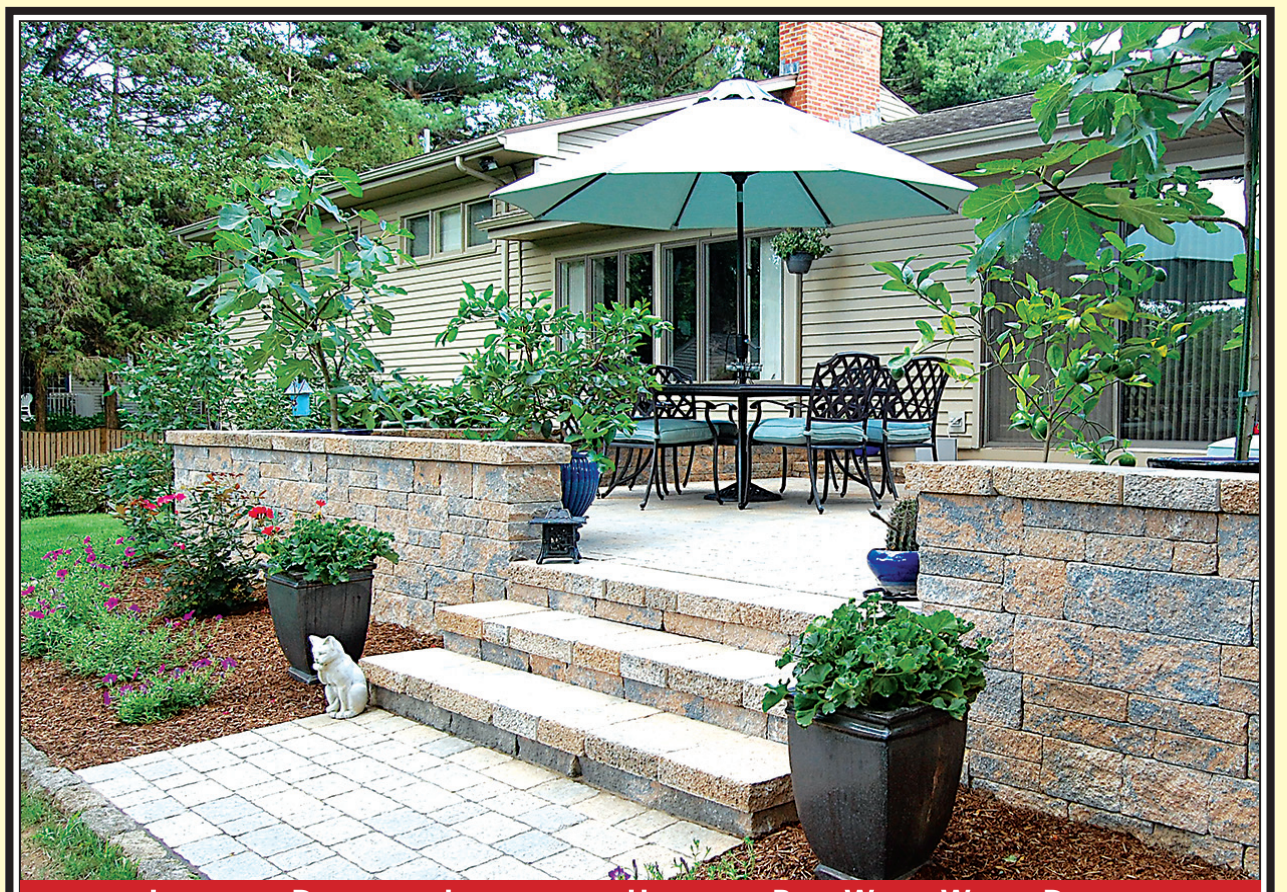

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# Note from Nancy

## A rant from the crabby old person

I try to be younger than my age. People have told me that I look younger and act younger and dress younger, and I love it when that happens.

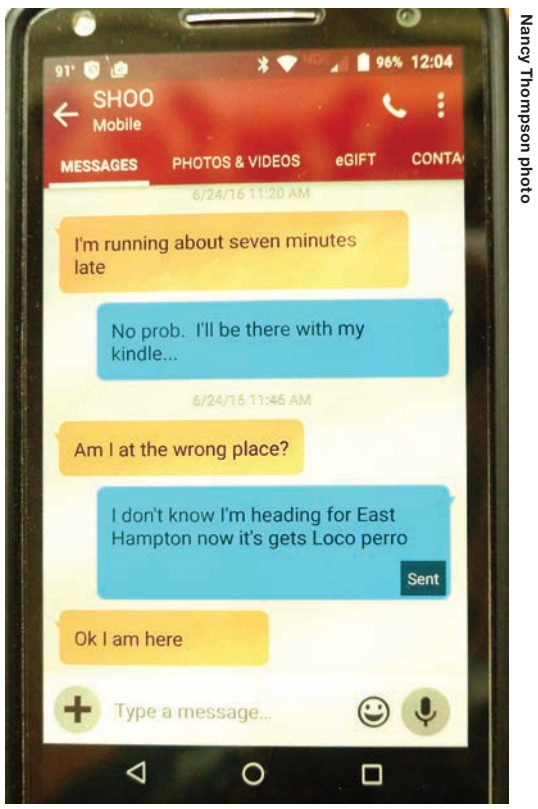
But every now and then I find myself sounding like – there really is no nicer way to say this – a crabby old person. This is one of those times.

Can I be honest? I hate texting. I like my really, really, smart phone, I love email, I'm a Google fanatic and I'm pretty tech-savvy, especially compared to a lot of other, um, people of a certain age. But texting makes me nuts.

I'll reply to a text but I rarely initiate one unless it's necessary. I'll send "OMW" to my husband when I'm heading home or "OK" to a friend when we're meeting to do our daily walk, but please don't ask me to conduct an actual conversation with text messages.

It would help if I ever remembered to turn the phone sideways to get the landscape view with the bigger keyboard, or to hit the little microphone icon and dictate my message, but I usually fumble-finger my way around the keyboard muttering about my mistakes and cursing the bossy auto-correct feature. And it takes a long time. I use upper-case letters where appropriate and never, ever, abbreviate anything except the aforementioned "OMW". "You" is "you," not "u." "Are" is "are", not "r". And "by the way" is never "BTW."

Then there are the emoji, the little faces and hearts and cute pictures that come with texting apps. I apparently have one set compliments of Verizon, and a different set compliments of my keyboard app, and they fight with each other. The other day I added one that looked like a huge smile, but by the time it got to our daughter's iPhone it looked like a grimace, to the point that she sent another text asking why I was upset about something that we all thought would be fun. Lesson learned. Verizon will win every time, so just use theirs in the first place. At least I won't have people thinking I'm hating something I actually am smiling about.



Nancy Thompson photo

In the past couple of months, without any invitation from me, my phone has developed a hands-free driving function. It should be no surprise that we don't get along. I've been known to yell at it when it misunderstands what I try to tell it to say and then simply give up. There's a big difference between "I'll be there at 9" and "I'll be there at noon" and no amount of screaming on my part could convince that phone-dwelling robot to change it.

All this crabbing aside, there is one feature that's kind of fun. It often knows what I'm going to say next. If I type "thanks," it suggests "Nancy." If I type "Gla" it finishes "Glastonbury."

And sometimes it's pretty funny. Let's take a brief trip into predictive texting and see what happens. I'll start with "This" and see what happens when I give in to the phone's predictions. I always get three or four options, so there's a huge number of possibilities.

This is what I ended up with: "This may be a slippery slope to be sure. We need to be sure that the juju improves. The other day I wasn't able to walk away from the office. Save the date for the beach. Here's hoping that you have a minute to do it."

Taking another track, "This sounds silly and I will not be crazy about it until we get to the one in orange. The other thing I would like to know about this topic is a good time to get to it."

That's scary. They almost makes sense. But now I want to know more about "the one in orange." – *Nancy Thompson*

BY MARK DIXON
WFSB METEOROLOGIST [AMS]

# A game-changing piece of new technology

While we've been the only station with a live radar, Channel 3 continues to lead the way as we recently debuted the 'ALL NEW' Early Warning Pinpoint Doppler radar ... to keep you, your family and property safe.

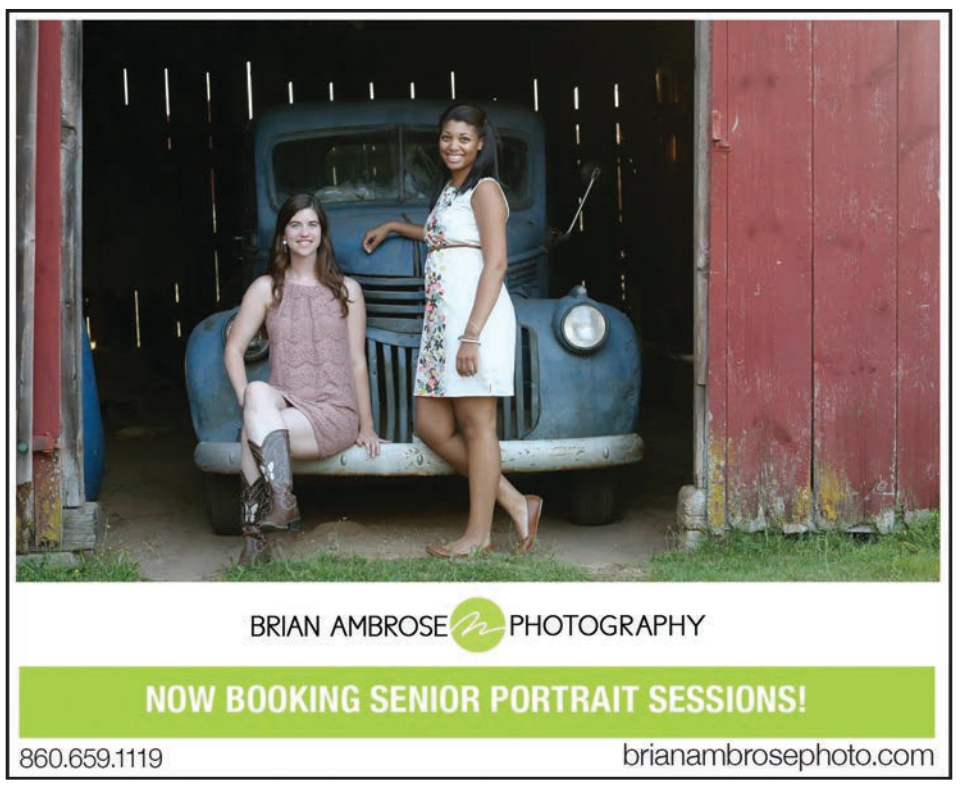
This entirely new radar provides greater accuracy, resolution, and coverage of whatever develops ... unparalleled as WFSB is the only station in New England to now own and operate technology of this caliber: a LIVE Dual-Polarization C-band radar.

With dual-polarization ... it's essentially twin radar beams, allowing us to see what is falling from the sky in multiple dimensions – instead of viewing precipitation as flat objects, the ALL NEW Early Warning Pinpoint Doppler determines size and shape with great precision.

Other stations rely on government radars, surrounding Connecticut... by the time those radar beams scan the sky overhead, they could be "thousands of feet" above, often missing what is happening closer to the surface.

We are the only station to have a radar "IN" Connecticut, and it's "LIVE" ... we control it, providing a tremendous advantage as the delay can be up to 5 minutes from the National Weather Service – so we can identify threatening weather before anyone else ... not seconds, but minutes ahead!

You can also have access to our newest piece of technology by visiting our website at wfsb.com, or via our WFSB App. **GL**



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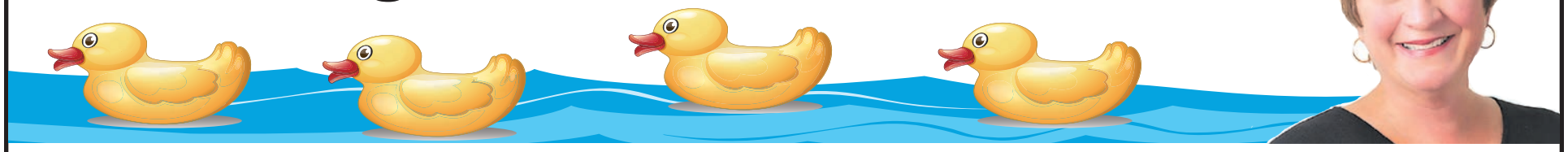
# Don't let the summer market float by!

## Call Margaret Wilcox 860-916-3517



## Homes at Pine Ridge

New Construction
Starting at $629,000

**32 JONATHAN TRAIL**
**Glastonbury, $689,900**
5 YEAR BUILDER WARRANTY! Quick Delivery home under construction - pick your paint colors! 4 beds; 3.1 baths; 3435 sq. ft.

**HOMESATPINERIDGE.COM**
**Glastonbury, $629,000**
73 Kongscut Valley Trail - this flrpln includes 4 beds; 2.1 baths; 2500 sq. ft. Life isn't an upgrade here at the Homes at Pine Ridge!

**TO BE BUILT 2016**
**Glastonbury, $679,900**
114 Kongscut Valley Trail. Come see the quality construction at Homes at Pine Ridge. Stanford Model: 4 beds; 3.1 baths; 3221 sq. ft.

**72 SACHEM DRIVE**
**Glastonbury, $550,000**
Beautiful English Tudor style home nestled in quiet cul-de-sac neighborhood with a large front yard. 4 beds; 2.1 baths; 4022 sq. ft.

**91 Evergreen Lane**
**Glastonbury, $657,500**
A truly stunning home on 1.28 acres on 2 lots, with superb attention to detail & craftsmanship. 4 beds; 2.2 baths; 3460 sq. ft.

**79 Spruce Lane**
**Glastonbury, $350,000**
Enjoy entertaining inside & out with a very large family room with cathedral ceiling, built-in bookshelves. 4 beds; 3.1 baths; 2445 sq. ft.

**448 THREE MILE ROAD**
**Glastonbury, $369,900**
Beautifully kept, charming home surrounded by an equally beautiful garden. Perfect for entertaining! 3 beds; 2.1 baths; 2286 sq. ft.

**322 CAVAN LANE**
**GLASTONBURY, $277,500**
Renovated kitchen and bathrooms with granite counters. Hardwood floors main level! 2 beds; 2.1 baths; 1450 sq. ft.

**125 COUNTRY LANE**
**S. Glastonbury, $419,900**
Custom Colonial in popular neighborhood. 4th bedroom in lower level. 4 beds; 3.1 baths; 3501 sq. ft. includes finished lower level.

**44 PRINCETON LANE**
**Glastonbury, $285,000**
Classic Gambrel colonial in wonderful neighborhood! Partially finished basement adds 400 sq. ft. 3 beds; 1.1 baths; 1721 sq. ft.

**15 JONES HOLLOW ROAD**
**Marlborough, $315,000**
Charming home with convenience and great updates throughout. Close proximity to the lake and amenities. 3 beds; 3 baths; 2412 sq. ft.

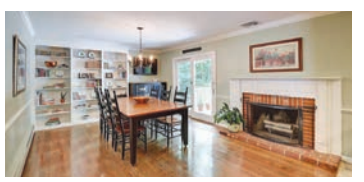
**76 SPELLMAN POINT ROAD**
**E. HAMPTON, $699,900**
Meticulously rebuilt from top to bottom, lakefront home on Spellman Point on Lake Pocotopaug. 3 beds; 2.1 baths; 2438 sq. ft.

**80 GRANDVIEW DRIVE**
**Glastonbury, $409,900**
Grand contemporary with soaring spaces and entertaining areas in a neighborhood of other fine homes. 4 beds; 3.1 baths; 3091 sq. ft.

**50 BROOK STREET**
**Glastonbury, $299,800**
Kitchen features granite counters, bright white cabinets. 2 main floor beds w/full renovated bath. 4 beds; 3 baths; 2664 sq. ft.

**56 HORIZON LANE**
**Glastonbury, $556,000**
Meticulously maintained & decorated, gleaming, dark hardwood floors, renovated kitchen & baths. 4 beds; 2.1 baths; 3499 sq. ft.

**37 ASPEN DRIVE**
**S. Glastonbury, $699,000**
Grand living in this Doremus-built home in a desirable enclave of fine homes. 1st floor master! 4 beds; 4.1 baths; 5506 sq. ft. incl. LL.



**182 LITTEL ACRES ROAD**
**Glastonbury, $365,000**
Charming home with expansive eat in country kitchen with fireplace and stylish built in shelving. 4 beds; 2.1 baths; 2784 sq. ft.

**27 LAZY VALLEY ROAD**
**Glastonbury, $674,900**
Beautifully maintained, warm inviting decor, very special newer colonial in private enclave of homes. 5 beds; 3.1 baths; 4116 sq. ft.

**54 KINGSWOOD DRIVE**
**S. Glastonbury, $999,999**
Custom Estate in premier neighborhood. Classic architecture, with many modern comforts. A "must see"! 5 beds; 4.3 baths; 5367 sq. ft.

**7 S. WANGONK TRAIL**
**E. Hampton, $549,900**
Very dramatic waterfront home sited in Markham's Bay with expansive views of Lake Pocotopaug. 2 beds; 3.1 baths; 1684 sq. ft.

**55 MARLBOROUGH ROAD**
**Glastonbury, $450,000**
Four floors of living space in this well-maintained contemporary, including the finished lower level. 4 beds; 3.1 baths; 3054 sq. ft.

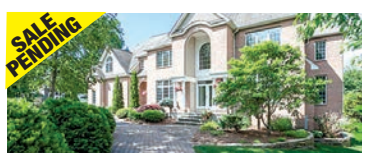
**93 MOTT LANE**
**East Haddam, $599,900**
1st fl. master; 240 feet lake front w/dock. Also listed w/boat, riding mower; golf cart, etc. $799,900. 4 beds; 3 baths; 4776 sq. ft.

**113 MIDDLE HADDAM ROAD**
**Portland, $597,500**
Home in park-like setting of 34 acres, first-floor master suite includes a dressing room, his & her baths. 5 beds; 6 baths, 4412 sq. ft.

**205 BELL STREET**
**Glastonbury, $349,900**
Very charming Cape with central air, new roof and large great room. 1st floor ensuite master bed. 1st floor Master. 4 beds; 2 baths; 2190 sq. ft.

**LOT 25 MENLO PLACE**
**Glastonbury, $529,900**
Stainless, granite, hardwood floors, tile baths & laundry. Bonus room on 2nd floor. 55+ community! 3 beds; 2.1 baths; 1944 sq. ft.

**119 LEXINGTON ROAD**
**Glastonbury, $324,900**
Popular Lexington/Barrington neighborhood, classic and bright, upgraded kitchen, brand new oven, 4 beds; 2.1 baths; 1920 sq. ft.




**51 LIBERTY DRIVE**
**S. Glastonbury, $759,900**
Custom, Catarino built, brick home in popular neighborhood! Open floor plan, granite/cherry kitchen. 5 beds; 5.1 baths; 4674 sq. ft.

**ADENA'S WALK DEVELOPMENT**
**Glastonbury, $464,810**
#5 Tarragon Model has the most contemporary feel of all our models. 3 beds; 2.1 baths; 2266 sq. ft. Additional Units available. 55+.

**Glastonbury Lots & Land**
S 3 Ash Swamp Rd., 36.2 acres **$500,000**
121 Chamberlain Ln., 2.53 acres **$299,900**
125 Chamberlain Ln., 2.56 acres **$239,000**
Lot 156E Main St., 6.62 acres **$175,000**

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